

# Looking Ahead to High School



A Resource Guide for Students and Parents

Ninth Grade Transition

WCPSS

Office of Counseling and Student Services

[www.wcpss.net](http://www.wcpss.net)

*Dear Students/Parents,*

*The transition from middle to high school can be challenging for all students. So that 8<sup>th</sup> graders can look forward to moving on to high school with less apprehension, they need to be aware of major changes in academic and social expectations prior to the first day of high school.*

*In an effort to help students prepare for this important transition, we have compiled Heading to High School: A Resource Guide for Students and Parents. We hope that the information in this guide will be helpful to you.*

*Good luck as you begin your great adventure!*



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# **I. High School Terms**



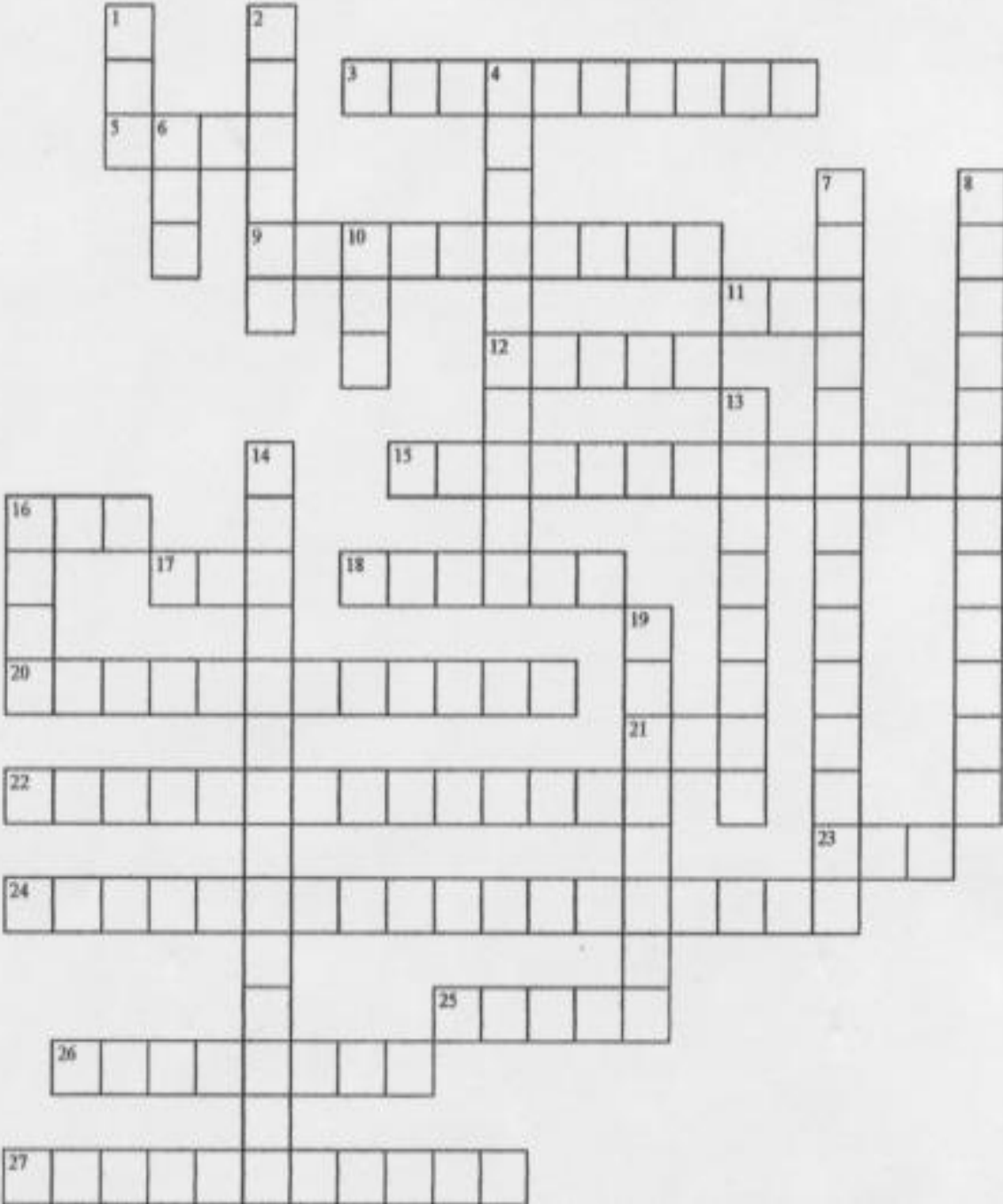
## High School Terms to Know

<b>ACT</b>	American College Testing--alternate admissions assessment accepted at almost all colleges and universities
<b>AP Course</b>	Advanced Placement course--students may earn high school and possibly college credit for these classes— earns 2 extra quality points for the final grade earned
<b>Blackboard</b>	Website allowing parents and students access to class assignments and syllabi—log-in provided by teacher
<b>Block</b>	90-minute class period lasting one semester –students in traditional high schools take 4 courses in the fall term and 4 different courses in the spring term on the block schedule
<b>CDC</b>	Career Development Coordinator--coordinates career development activities for the entire high school
<b>CFNC</b>	College Foundation of North Carolina (cfnc.org— “Helping you Plan, Apply, and Pay for College”) A free online resource available to parents and students to assist with educational planning
<b>Credit</b>	Unit earned toward graduation—generally, each course passed earns one credit
<b>CTE</b>	Career Technical Education—category of elective courses related to vocational fields
<b>Dual enrollment</b>	taking an off-campus course for graduation credit— application must be submitted prior to taking the course to insure that credit will be accepted
<b>Elective Course</b>	Any course that is not specifically required for graduation—taken as options to fulfill the required number of credits for graduation

<b>EOC Tests</b>	End-of-Course Exams created by the state for certain high school courses—counts 25% of the final grade—all students must pass the “Big 5” EOCs—English I, Algebra I, Biology, Civics and Economics and US History to meet graduation requirements
<b>Fine Arts</b>	a category of elective courses related to visual and performing arts
<b>FRC</b>	Future Ready Core, NC graduation requirements for students entering high school in 2009-2010 and beyond
<b>GPA</b>	Grade Point Average calculated by dividing the quality points earned by number of courses taken
<b>Honors Course</b>	Advanced course—earns 1 extra quality point for the final grade in weighted GPA
<b>IB Diploma Programme</b>	International Baccalaureate - advanced academic program available at some Wake County magnet high schools, i.e., Millbrook and Garner
<b>NCAA Clearinghouse</b>	National Collegiate Athletic Association--student athletes must register with this organization in order to participate in varsity college sports (See Athletic Director or coach for more information.)
<b>NCVPS</b>	North Carolina Virtual Public School--online courses available to students enrolled in NC public schools—available under special circumstances
<b>NCWise Number</b>	Student identification number
<b>NHS</b>	National Honor Society--organization for academically successful students
<b>Quality Points</b>	Points earned for passing a course--honors, AP, and IB courses are allotted extra quality points for weighted GPA

<b>Required Course</b>	Course that must be taken and passed in order to earn a high school diploma
<b>SAP</b>	Student Assistance Program counselor - works with all students providing extra support for academic and future success
<b>SAT</b>	Scholastic Aptitude Test--college/university admission assessment
<b>SAT II</b>	Subject tests within the SAT – required for some college admissions
<b>SPAN</b>	Student Parent Access Network--website which allows students and parents to monitor grades, attendance and discipline
<b>The Big Five</b>	Five EOCs students must pass in order to graduate: Algebra I, English I, Civics and Economics, Biology, US History
<b>Transcript</b>	Official document listing course, grade, GPA, class rank information--colleges typically require this document as part of the application packet—sent free by CFNC if using electronic application
<b>UNC admission requirements</b>	the minimum requirements accepted for admission to the 16 public colleges and universities in the UNC system—slightly more rigorous than the minimum NC graduation requirements
<b>Unweighted GPA</b>	the grade point average calculated without adjustment for academic level of the courses taken
<b>VoCATS</b>	State-mandated final exams for CTE courses
<b>Weighted GPA</b>	the grade point average calculated by adjusting quality points according the academic level of the courses taken—Honors, AP, IB.

# See What You Remember



**ACROSS**

- 3 EOCs students must pass in order to graduate
- 5 A free online resource available to parents and students to assist with educational planning
- 9 Official document listing course, grade, GPA, class rank information
- 11 Category of elective courses related to vocational fields
- 12 90-minute class period lasting one semester
- 15 Points earned for passing a course
- 16 Student Assistance Program counselor
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- 2 State-mandated final exams for CTE courses
- 4 Website allowing parents and students access to class assignments and syllabi
- 6 Future Ready Core
- 7 Any course that is not specifically required for graduation
- 8 Earns 1 extra quality point for the final grade in weighted GPA
- 10 Alternate admissions
- 13 Earns 2 extra quality points for the final grade earned
- 14 Taking an off-campus course for graduation credit
- 16 Website which allows students and parents to monitor grades, attendance and discipline
- 19 A category of elective courses related to visual and performing arts

# FIND THE HIDDEN MESSAGE

H P S I E K G H S T E C H O O S L I S S  
T S G A C S R E A R C S T F T A F V T C  
I A Y O T G R J G A N G R A Z T U R A O  
D T L V T E U U Z N F H N U U G O T K U  
E B R Y T M Q Q O S C D H Y O P P N V R  
R A L U C I R R U C A R T X E C A Z P S  
C J G L A L D W E R E V N R D R P A E E  
Q Y L P M L J E D I D V M J S E T A F O  
Y O B N J L D C B P T I I S T H A H N F  
B T L K L X O F D T R E A T W E N K C S  
I S G U N U N S O E V L G A C U P D A T  
U E D E R K G Z T H C H Y J U E T L C U  
X T N S E K Y N T N N K E F W L L G Q D  
U C E S T N I O P Y T I L A U Q D E V Y  
D O A W E S R U O C S R O N O H X J V V  
V E I B D L E S T V N N B A Z D I E A Y  
S V S Z K O I E A Q Q S C I T X G D C Y

ACT  
APCOURSE  
BLOCK  
CFNC  
CLASSRANK  
COURSEOFSTUDY  
CREDIT  
ELECTIVECOURSE  
EOCTEST  
EXTRACURRICULAR  
HONORSCOURSE  
INTERIMREPORTS  
PATHWAY  
PSAT  
QUALITYPOINTS  
SAT  
STANDARDCOURSE  
TRANSCRIPT

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# **II.**

# **Academic**

# **Life**



(To view /print the High School Program Planning Guide, go to <http://www.wcpss.net/planning-guides/>)

## School Schedule

- Enloe: 7 period day; each period lasts about 50 minutes. Offer yearlong and semester electives.

- Broughton: A/B day (8 courses: 4 meet on A day, 4 meet on B day.)  
Days alternate all yearlong; Offer yearlong and semester electives

### A Day

90-minute course  
90-minute course  
90-minute course  
90-minute course

### B Day

90-minute course  
90-minute course  
90-minute course  
90-minute course

- Other High Schools: Block Schedule – take four classes each semester.

### First Semester

1. 90-minute class  
2. 90-minute class  
3. 90-minute class  
4. 90-minute class

### Second Semester

1. 90-minute class  
2. 90-minute class  
3. 90-minute class  
4. 90-minute class

## School Calendar

Most high schools operate on the traditional school calendar. The exceptions are Southeast Raleigh Magnet High School which follows the modified calendar, beginning mid-July with two week breaks at the end of each quarter. Wake Early College programs adjust their calendars to match the Wake Tech/NC State calendar.

## Grade Point Average (GPA) Table

The following table represents the amount of quality points that make up a student's GPA for standard, honors, and AP/IB classes.

<b>Letter Grades</b>	<b>Standard Courses</b>	<b>Honors</b>	<b>AP/IB</b>
A	4	5	6
B	3	4	5
C	2	3	4
D	1	2	3
F	0	0	0

GPA is calculated by dividing the total number of quality points earned by the number of courses taken.

- ▶ Each course passed counts as 1 credit.
- ▶ Courses that are taken in 9<sup>th</sup> grade count just as much in the GPA as those taken in any other grade.
- ▶ Transcripts submitted with college applications usually consist of grades earned in grades 9–11. Universities review final high school grades before admission is confirmed.

## Wake County Public School System High School Graduation Information

### Students entering 9th Grade in 2009-2010 SY (freshmen)

- Students must earn 26 total credits having fulfilled the requirements of Future Ready Core. Students at Enloe, Longview, Phillips and Wake Early College must earn 21 total credits.
- Students must earn 22 total credits having fulfilled the requirements of Occupational Course of Study.

### Future Ready Core Graduation Requirements

	Credits	Credits for Occupational
English	4	4
English I, II, III, IV		
<b>Math</b> Algebra I, Geometry, Algebra II, one math course beyond Algebra II <i>Or with the request of parent and counseling provided by the school- Algebra I, Geometry, two other application-based math courses</i>  Occupational: Occupational Math I,II,III	4	3
<b>Science</b> Earth or Environmental Science, Biology, A Physical Science  Occupational: Occupational Life Skills Science I,II	3 (4)	2
<b>Social Studies</b> World History, Civics & Economics, United States History  Occupational: Occupational Social Studies I,II	3	2
<b>Healthful Living</b>	1	1
<b>Electives (2) + Concentration (4)</b> Two electives must be any combination of CTE, Arts or Second Language Four electives are strongly recommended from one of the following areas: CTE, JROTC, Arts Education, And other Subject Area	6	4 CTE Credits and 6 Occupational Credits
<b>Additional Electives</b> (Electives from any area)	5 (4) *0	
<b>Total Credits</b>	26 *21	22
( ) Denotes credits specifically for Southeast Raleigh High School * Denotes credits specifically for Enloe, Longview, Phillips and Wake Early College.		

#### Additional Requirements:

- Students must pass the five End of Course assessments in: Algebra I, Biology, English I, Civics & Economics, US History.
- High school credit can be awarded to those students who pass high school level courses in math, science, and second languages and score a level III or IV on an End of Course Assessment while in grades 6-8. These courses will count towards graduation requirements however will NOT be calculated in a student's high school grade point average.

Note: High School Social Studies credit can be awarded toward graduation starting 2010-2011. High School English I credit can be awarded toward graduation starting in 2011-2012.

## WCPSS GRADUATION REQUIREMENTS

The majority of the WCPSS high schools utilize a 4 by 4 Block Schedule. This allows students to earn eight credits each year of high school. \* (Enloe and Broughton use different schedules.) With thoughtful planning, students may access more courses in the arts, computer studies, journalism, or healthful living. They may deepen their understanding of science, mathematics, or social studies by adding additional courses in these disciplines; enrich their English studies; or complete longer sequences in second languages. Also, they may use elective studies in career - technical education to complete requirements for more than one Course of Study. The following information provides specific graduation credit requirements:

- Graduation from Apex, Athens Drive, Broughton, Cary, East Wake AEG, East Wake ES, East Wake HS, East Wake IT,, Fuquay Varina, Garner, Holly Springs, Knightdale, Green Hope, Leesville Road, Middle Creek, Millbrook, Panther Creek, Sanderson, Wake Forest-Rolesville, and Wakefield High Schools requires completion of a minimum of:
  - 26 credits for students entering ninth grade for the first time in 2003-04 and beyond.
- Students at Broughton High School must complete twenty-five hours of community service per year.
- Students at the East Wake High Schools may have additional graduation requirements.
- At Enloe, Longview, Phillips, Wake Early College of Health and Sciences and Wake-NC State STEM Early College, students entering 9th grade before 2009-10 must successfully complete 20 credits in order to graduate. Students entering 9th grade in 2009-2010 and beyond must complete 21 credits to graduate.
- Students who attend Southeast Raleigh High School must acquire four math credits and four science credits. The students who entered 9th grade before 2009-2010 must complete 20 credits to graduate. Students who enter 9th grade in 2009-2010 and beyond must complete 26 credits to graduate.
- Students in the Occupational Course of Study at all high schools must complete 22 credits to graduate.
- The North Carolina State Board of Education approved additional high school exit standards requiring students entering the ninth grade for the first time in 2006-2007 and beyond to pass five EOC assessments in Algebra I, Biology, English I, Civics & Economics, and U.S. History. The exit standards apply to students following the Career Preparation, College/Technical Preparation, College/University Preparation, or Future-Ready Core Courses of Study. Students following the Occupational Course of Study are required to meet rigorous exit standards as outlined in State Board of Education policy HSP-N-004 (16 NCAC 6D.0503).

Students must satisfy all course, credit, and testing requirements for at least one Course of Study in order to earn a diploma. Students must meet the graduation course and testing requirements that were effective the year they entered ninth grade for the first time; however, the total number of credits required for graduation may increase after the ninth-grade year.

Algebra I is a graduation requirement for all students. The only exceptions to the Algebra I requirement are for students who are enrolled in the Occupational Course of Study or have an Individual Education Program (IEP) that identifies them as Learning Disabled (LD) in math and states that the disability will prevent them from mastering Algebra I. Once a student is exempt, the exemption holds until the student exits public school. Documentation of the exemption will be written in a *present level of performance statement* on the IEP.

Students who complete all graduation requirements receive a diploma at graduation. Special needs students who do not satisfy all graduation requirements will receive a graduation certificate and be allowed to participate in graduation exercises if the students complete twenty credits by general subject area and completes all IEP requirements.

## PROMOTION REQUIREMENTS

High school students shall be promoted by attaining credits that are earned through successful completion of specific required courses as illustrated in the following (Note: The appropriate English credit is required for promotion each year.):

**Apex, Athens Drive, Broughton, Cary, East Wake School of Arts, Education & Global Studies, East Wake Engineering Systems, East Wake Health Science, East Wake Integrated Technology, Fuquay-Varina, Garner, Green Hope, Holly Springs, Knightdale, Leesville Road, Middle Creek, Millbrook, Panther Creek, Sanderson, Wake-NC State STEM Early College, Wake Forest-Rolesville, Wakefield High Schools – beginning with students entering ninth grade for the first time in 2003-2004.**

From Grade	Promotion Criteria	Credits
9	English I, two credits in the areas of mathematics, social studies, or science, and three additional credit	6
10	English II, one credit in mathematics, one in social studies, one in science and two additional credits	12
11	English III and enrollment in a program which, if successfully accomplished, will result in the completion of graduation requirements	18

**Enloe, Longview, Phillips, and Wake Early College – Class of 2005 (Students entering ninth grade for the first time in 2001-2002) and beyond**

From Grade	Promotion Criteria	Credits
9	English I, two credits in the areas of mathematics, social studies, or science, and one additional credit	4
10	English II, one credit in mathematics, one in social studies, and one in science	8
11	English III and enrollment in a program which, if successfully accomplished, will result in the completion of graduation requirements	14

**9<sup>th</sup> graders entering Southeast Raleigh High School for the first time in 2009-2010 will need 26 credits to graduate. They will follow the promotion requirements in the top box. Students should check with their counselors for information on additional promotion requirements.**

# III. Non-Academic / Co-Curricular Activities



## Co-Curricular Activities and Athletics

Clubs and athletics are considered co-curricular and/ or non-academic. There are eligibility requirements to participate in these activities. Those high school requirements include:

- 85% attendance in the previous semester
- Under 19 on or before October 16<sup>th</sup> of that particular school year
- Must pass three of four classes during the previous semester (block schedule)
- Must maintain 1.5 overall GPA (per semester)
- Must not be convicted of a felony
- Must live in the school district and enroll no later than the 15<sup>th</sup> day of the present semester

Visit these high school websites to get specifics about the clubs and/ or sports they offer and other information:

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

<http://athensdrivehs.wcpss.net/>

<http://broughton.wcpss.net/>

<http://caryhs.wcpss.net/>

<http://ewhs.wcpss.net/>

<http://enloehs.wcpss.net/>

<http://fvhs.wcpss.net/>

<http://garnerhs.wcpss.net/>

<http://greenhopehigh.wcpss.net/>

<http://heritagehs.wcpss.net/>

<http://hollyspringshs.wcpss.net/>

<http://knightdalehs.wcpss.net/>

<http://leesville.org/>

<http://middlecreekhs.wcpss.net/>

<http://mhs.wcpss.net/>

<http://panthercreekhs.wcpss.net/>

<http://phillipshs.wcpss.net/>

<http://sandersonhs.wcpss.net/>

[www.srhs.net/](http://www.srhs.net/)

[www.stemec.wcpss.net/](http://www.stemec.wcpss.net/)

<http://healthscienceec.wcpss.net/>

<http://wfrhs.wcpss.net/>

[www.wakefieldhs.net/](http://www.wakefieldhs.net/)

### Lunch:

In high school, lunch can be a big part of your social life. At many schools, juniors and seniors are allowed to leave campus for lunch if they have maintained good grades in ninth and tenth grade. Ninth and tenth grade students stay on campus for lunch. Many high schools have two or three lunches. Your lunch may depend on your schedule or building location during third period. Strategies for enjoying lunch:

- Use lunch time wisely (This may be a good time to makeup or retake assignments, study, see your counselor, or go to the library)
- Eat lunch with a variety of people (sometimes eat with close friends and other times eat with people you barely know)
- Use lunch time to relieve school stress or anxiety

**Driver's Education:**

*Age Requirement:* Students must be 14 ½ before they can begin driver's education. (Keep in mind that priority is given to older students first).

*Class Times:* Driver's education classes are typically taught each month after school for a total of three weeks. High schools also offer summer driver's education classes.

*Driving Time:* Students must complete 30 hours of classroom time before becoming eligible for the driving portion (These hours include six hours of drug and alcohol prevention). The oldest student in the class drives first. Students receive six hours of behind the wheel time.

*Academic Requirements:* Students must pass 3 of 4 classes each semester and be currently enrolled in school to obtain driver's permit.

*Driving/ Learner's Permit:* At the age of 15, a student may obtain a driving permit after completing the Driver's Education requirements. Students must have a Driver's Eligibility Certificate (this certificate shows successful completion of the classroom portion as well as meeting academic requirements).

*Obtaining License:* After holding the permit for one year (which includes continuously meeting the academic requirements), the student may then go to DMV to in hopes of obtaining a driver's license.

**Worker's Permit:**

Students under the age of sixteen (16) are not eligible to work without a youth employment certificate (worker's permit). Students can access a worker's permit from one of the following:

- Internet: [www.dol.state.nc.us/wh/youth\\_instructions.htm](http://www.dol.state.nc.us/wh/youth_instructions.htm)
- Department of Social Services (or one of their satellite offices)
- Some high schools may have them available in the Student Services office

*When workers permit is received:*

- Student and parent sections must be completely filled out upon receipt of employment.
- Employer must fill out necessary sections and sign.
- When worker's permit is completed, student must take two copies of form and birth certificate to the Department of Social Services.
- Student will be asked to sign form in front of issuing officer.
- Completed worker's permit will be given back to student.
- Student must turn in copy of completed worker's permit to employer.

# **IV. Tips for Survival**



## **Helpful Advice**

### **How can I support my child?**

- Set goals with your child for each quarter and/or semester
- Discuss assignments with child
- Set a regular time and place for homework
- Communicate with teachers
- Monitor academic progress on SPAN
- Provide daily encouragement

### **Know the school policies and procedures**

- Dress code is the same in all Wake County Schools
- Attend school and class on a regular basis
- When absent, bring your excuse note the first day back
- When absent, make up all missing assignments
- Treat others with respect
- Know the rules of your school and follow them
- Remember-WCPSS has a no-tolerance policy for gang-related activity, alcohol/drugs and fighting

### **Homework**

- Homework includes written assignments, reading, reviewing class notes, studying for tests, completing projects and previewing the next lesson
- Plan to spend an average of 2-3 hours/night on homework
- Plan to use weekends for homework as well
- Know each teacher's homework policies
- Make sure you complete homework and turn it in on time
- Your child will have homework **every** night (check blackboard or email teacher if concerned)

### **Connecting with Adults**

- Develop a positive relationship with your teachers at the beginning of the year.
  - Come to class on time
  - Come to class prepared
  - Turn in all work on time
  - Exhibit positive behaviors
  - Ask appropriate questions
- Learn self-advocacy skills
  - Learn how to talk with a teacher when you have individual questions and concerns
  - . Talk to them about individual concerns before or after class, during lunch, or before or after school, NOT during instructional time
  - Be respectful
  - . E-mail them questions
  - Ask for extra help when you need it.
  - Introduce yourself to counselors, administrators, and other school staff

### **Meeting New People**

- Attend summer orientation programs offered at the high school
- Introduce yourself to people who sit around you in your classes
- Sit with different people at lunch rather than the same crowd every day
- Get involved in clubs

- Take courses that will also require involvement after school: band, chorus, dance, drama, newspaper, orchestra, yearbook, etc.
- Community service projects provide a fun way to meet new people
- Take on leadership roles in clubs, student council, etc.

### **Handling Social Pressure**

- Find friends with similar values and beliefs
- Be assertive – tell friends what you want/don't want out of the relationship
- Don't use alcohol or other drugs
- Learn to handle conflict in a positive way
- Talk with a trusted adult about situations that make you uncomfortable (bullying, sexual harassment, dating pressures, etc.)

### **What parents can do to help?**

- Assist you with organization – you will have more to do in high school! They should check your homework agenda so they will know what you have to do each week.
- Keep a master calendar of assignments, tests, projects, and extracurricular activities at home so the family will know what you are doing.
- Be aware of your grades each week in each class
- Be a SPAN user so they look at grades and attendance on a regular basis and can e-mail teachers if problems arise
- Provide transportation to after school activities, sports practices, games, and dances.
- Chaperone activities at school – without them, the activities may not happen!
- Volunteer at school

### **...and Resources**

- Teachers – can help you with academic issues, give you study tips, and provide extra tutoring if needed.
- Counselors – can help you with academic issues, choosing courses each year, college and career planning, social issues, emotional issues, family problems, and alcohol and other drug problems.
- Administrators – can help you with lockers, cafeteria issues, theft reports, bullying issues, sexual harassment issues, and conflicts with other students, etc.
- School Resource Officer – can help you with theft reports, bullying issues, family violence issues, sexual harassment issues, legal issues, etc.
- Tutoring services – are provided at many high schools. Check with your teacher and counselor for information.
- Media Center specialists – can help you find resources for research, computer access, etc.
- Computer Labs – are available for student use at most high schools. Ask your teacher or the Media Specialists for information.
- Career Development Coordinator – can help you with career assessments, finding a part-time job, worker's permit, job shadowing, scheduling appointments with military recruiters, internships, and apprenticeships

## **Been There, Done That. Advice from Current Freshmen Students!**

- Be very organized. I learned that just throwing my stuff into a binder really made me crazy and I lost stuff, only to later find it. Have separate binders, folders, and homework folders and be faithful to them!
- Study for all of your tests. Some tests you may think will be a breeze turn out to be extremely difficult, so it's better to just be prepared.
- Don't procrastinate! You may think "well, I have two days to do it...", but when that last day rolls around and you can't hang out with friends you hate it.
- Get involved. Sports, clubs, and activities are fun, look good to colleges, give you a chance to meet new people, keep you out of trouble, and get you out of the house!
- Do all of your homework. I sometimes didn't and it really affected my grades. It counts a lot more than you think.
- Study right after class so it stays in your brain.
- Listen to your teachers. They actually do know more than you even if you think they don't.
- Ask questions and ask for help when you need it. I was shy with all of my teachers for most of the year and I wish I would have talked to them more. I realized that they are really cool the last week of school.
- Definitely write all of your homework down. Sometimes you think you will remember and you totally forget by lunch.
- Also write down your grades. If you write them down, there are no surprises when report cards come out.
- Give your progress reports to your parents. If you don't, the teacher calls home and they just find out anyhow.
- Choose your friends wisely. They influence you and you may not realize it until you do something you would not have if you were not hanging out with them.
- Challenge yourself. Take classes that make you think and don't take the easy road out.
- Stay active. If you can't concentrate go run outside or do something healthy to clear your mind, but make sure you get back to work.
- Read over the summer. If you can find out what books you are reading beforehand, it is helpful to do plus it will be easier when you reread them during the school year. Reading also makes you smarter.
- Make friends in all of your classes and get their phone numbers. Even if you don't hang out with them, it is helpful in case you forget your homework assignment or need help studying for a test.
- Creativity is important, but always try to think about what the teacher wants or is asking for. If you are not sure, ASK!
- Come to class prepared. I don't know why people come to math without a pencil. That is just dumb.
- Be mature because you are coming into high school and the teachers don't treat you like you are still in middle school. Things that just got you reprimanded in middle school can get you suspended in high school.
- Follow the dress code, if you don't, you have to change into something stupid and everyone knows why. Sometimes they even send you home to change and then your parents get really mad at you.

- Remember that this year counts. If you mess up to bad then you may not get into college. If you are falling behind, get help.
- Get good grades. Even if you don't think you want to go to college you may change your mind or if you don't have money for college you could get a big scholarship and be able to go. But you can't if you have bad grades. Plus I learned that if you want to go straight to work after high school they sometimes look at your grades and might not hire you if they are bad. It is good to just get good grades.
- Live it up! Balance school and friends and have fun. These are going to be the best years of your life before you have to go into the real world and pay bills and have a real job and stuff. High school is awesome.

# **V.**

## **Utilizing CFNC**



## *Information about CFNC*

### **About CFNC**

College Foundation of North Carolina (CFNC) is a free service of the State of North Carolina that helps students plan, apply, and pay for college. CFNC is a partnership of Pathways, the N.C. State Education Assistance Authority, and College Foundation, Inc

### **Pathways of North Carolina**

Pathways, created by the N.C. General Assembly in 1999, is a state-wide initiative to increase the college-going rate of North Carolinians by providing: comprehensive college and career planning resources; electronic applications and transcripts accepted by all 110 North Carolina colleges and universities; and, information on student financial aid and college affordability. Pathways is administered by The University of North Carolina General Administration in collaboration with the N.C. Department of Public Instruction, the N.C. Community College System, and the N.C. Independent Colleges and Universities.

### **NCSEAA**

The [North Carolina State Education Assistance Authority \(NCSEAA\)](#), established in 1965, is the State agency that promotes access to higher education by administering financial aid and savings programs, informing students and families about paying for college, teaching educators about financial aid administration, and advocating for resources to support students.

### **College Foundation, Inc.**

College Foundation, Inc. (CFI), a nonprofit corporation serving North Carolina students and families since 1955, administers a loan portfolio of more than \$3.3 billion, including low-interest federal education loans, in addition to the State's college grant programs and the tax-advantaged "529" college savings program on behalf of the N.C. State Education Assistance Authority. CFI also delivers information to North Carolina students and families about paying for college and provides technology services for CFNC.org.

(Below is a resource from cfnc.org that will link you to helpful articles about High School Success:

[https://www1.cfnc.org/Plan/For\\_High\\_School/Succeeding\\_in\\_High\\_School/](https://www1.cfnc.org/Plan/For_High_School/Succeeding_in_High_School/)

## Succeeding In High School

**HOW TO:** Advice on conquering many of the challenges you'll face in trying to succeed in high school.

- [How to Become an Effective Speaker](#)
- [How to Improve Your Critical Thinking Skills](#)
- [How to Improve Your Reading Comprehension](#)
- [How to Use Math to Solve Problems](#)
- [How to Use Science to Solve Problems](#)
- [How to Write a Research Paper](#)
- [How to Write Effectively](#)
- [Information Organization](#)
- [Successful Study Techniques](#)

**HOMEWORK HELPERS:** Review and links to resourceful web sites that can help you with a variety of topics.

- [Atlapedia](#)
- [AwesomeStories.com](#)
- [Biography.com](#)
- [Challenge of Materials](#)
- [Discovery Online](#)
- [Fact Monster](#)
- [Franklin Institute Museum](#)
- [FunBrain.com](#)
- [Geology Link](#)
- [GLOBE Program](#)
- [Kid Info](#)
- [Kinetic City Super Crew](#)
- [Library of Congress](#)
- [LibrarySpot](#)
- [Mad Scientist Network](#)
- [Math in Daily Life](#)
- [National Geographic Online](#)
- [Neuroscience for Kids](#)
- [Physlink](#)
- [SciCentral](#)
- [Secrets of the SAT](#)
- [Soda Constructor](#)
- [STech Encyclopedia](#)
- [The Artchive](#)
- [The Internet Public Library](#)
- [The Virtual Frog Dissection Kit](#)
- [UC Irvine Libraries](#)

This is information from the high school planning page of cfnc.org that shows topics that might be helpful in preparing for high school:

### **Plan For High School**

- Your Plan of Study
- High School Planning Timeline
- Succeeding in High School
- Financial Literacy
- eLearningNC.gov

### **Plan For College**

- Prepare For College
- Explore Postsecondary Schools
- Explore Programs and Majors
- College Entrance Requirements
- College Preparation Opportunities
- College Test Prep
- eLearningNC.gov
- Transfer Planner
- College Redirection
- Financial Literacy
- Students with Disabilities

### **Plan For A Career**

- Learn About Yourself
- Explore Careers
- Fastest Growing Careers
- Career Focus
- Get a Job
- Paws in Jobland

### ***Plan For High School***

#### [Your Plan of Study](#)

Track and plan your high school courses to align with your academic goals; and, compare your progress against entrance requirements of your target colleges.

#### [High School Planning Timeline](#)

Your timeline to planning for college.

#### [Succeeding in High School](#)

Get advice on mastering skills you need to succeed in high school, and beyond. Plus, links to informational resources that you will find both useful and fun.

#### [Financial Literacy](#)

Learn the best ways to handle your personal finances.

#### [eLearningNC.gov](#)

North Carolina's official one stop gateway to all eLearning Resources offered by K-20 public education in the state.

# Appendix



### *Time Flies When You're...*

How do you spend your time? Fill in this worksheet with what you do in a normal school week. Use the results to figure out where you might have some extra time. See how you can improve your schedule.

How many hours a day do you:	Daily Total	Frequency	Weekly Total
Sleep (yes, include naps)?	<input type="text"/>	x <input type="text"/> 7 =	<input type="text"/>
Spend in school?	<input type="text"/>	x <input type="text"/> 5 =	<input type="text"/>
Study or do homework?	<input type="text"/>	x <input type="text"/> 7 =	<input type="text"/>
Watch TV?	<input type="text"/>	x <input type="text"/> 7 =	<input type="text"/>
Spend online or on the computer?	<input type="text"/>	x <input type="text"/> 7 =	<input type="text"/>
Talk on the phone?	<input type="text"/>	x <input type="text"/> 7 =	<input type="text"/>
Work at a job?	<input type="text"/>	x <input type="text"/> 7 =	<input type="text"/>
Commute to and from work and/or school?	<input type="text"/>	x <input type="text"/> 7 =	<input type="text"/>
Participate in extracurriculars (e.g., sports)?	<input type="text"/>	x <input type="text"/> 7 =	<input type="text"/>
Prepare and eat meals?	<input type="text"/>	x <input type="text"/> 7 =	<input type="text"/>
<input type="text"/>	<input type="text"/>	x <input type="text"/> 7 =	<input type="text"/>
<input type="text"/>	<input type="text"/>	x <input type="text"/> 7 =	<input type="text"/>
<input type="text"/>	<input type="text"/>	x <input type="text"/> 7 =	<input type="text"/>
<b>TOTAL HOURS</b>	<input type="text"/>		

## Time Management Tips for High School Students

### ***It's 10:00 -- Do You Know Where Your Homework Is?***

Does it seem like there's never enough time in the day to get everything done? Feel like you're always running late? Here are some tips for taking control of your time and organizing your life.

#### **1. Make a "To Do" List Every Day.**

Put things that are most important at the top and do them first. If it's easier, use a planner to track all of your tasks. And don't forget to reward yourself for your accomplishments.

#### **2. Use Spare Minutes Wisely.**

Get some reading done on the bus ride home from school, for example, and you'll kill two birds with one stone.

#### **3. It's Okay to Say "No."**

If your boss asks you to work on a Thursday night and you have a final exam the next morning, realize that it's okay to say no. Keep your short- and long-term priorities in mind.

#### **4. Find the Right Time.**

You'll work more efficiently if you figure out when you do your best work. For example, if your brain handles math better in the afternoon, don't wait to do it until late at night.

#### **5. Review Your Notes Every Day.**

You'll reinforce what you've learned, so you need less time to study. You'll also be ready if your teacher calls on you or gives a pop quiz.

#### **6. Get a Good Night's Sleep.**

Running on empty makes the days seem longer and your tasks seem more difficult.

#### **7. Communicate Your Schedule to Others.**

If phone calls are proving to be a distraction, tell your friends that you take social calls from 7:00 to 8:00 p.m. It may sound silly, but it helps.

#### **8. Become a Taskmaster.**

Figure out how much free time you have each week. Give yourself a time budget and plan your activities accordingly.

#### **9. Don't Waste Time Agonizing.**

Have you ever wasted an entire evening by worrying about something that you're supposed to be doing? Was it worth it? Instead of agonizing and procrastinating, just do it.

#### **10. Keep Things in Perspective.**

Setting goals that are unrealistic sets you up for failure. While it's good to set high goals for yourself, be sure not to overdo it. Set goals that are difficult yet reachable.

Consider these tips, but personalize your habits so that they suit you. If you set priorities that fit your lifestyle, you'll have a better chance of achieving your goals.

## Setting Goals

Identify a goal and YOUR PURPOSE!

When you begin evaluating your life,

- Whether it is day-to-day details...
- Whether it is a short-term project...
- Whether it is a long-term project...

GOALS WILL HELP YOU SEE YOUR PURPOSE CLEARLY!

What is a GOAL?

A goal is what you aim or strive to attain.

We all have special gifts. We need to consider them and work with them to attain good things.

WHY SET GOALS?

As humans we all are given energy to take care of ourselves. It is easy to become overwhelmed by activities unless you begin *to MAKE CONSCIOUS DECISIONS!*

You may set short-term goals like:

- I will earn passing grades.
- I will get a part-time job.
- I will make new friends.

You may set long-term goals like:

- I will get along with my family.
- I will do what is necessary for me to become a nurse.
- I will learn to study better.

Goals incorporate a few things like:

- Priorities.
- Time management.
- A schedule.
- Flexibility.

*What are some of your short-term goals?*

*What are some of your long-term goals?*

## High School Survival Quiz

1. What does GPA stand for?
  - a. Grade Point Advantage
  - b. Grade Policy Average
  - c. Get Points Annually
  - d. Grade Point Average
2. How many years does it typically take to graduate from high school?
  - a. 3
  - b. 4
  - c. 5
  - d. 6
3. How many days can you be absent before you automatically fail?
  - a. 10
  - b. 20
  - c. 30
  - d. 40
4. Why do schools have a dress code policy?
  - a. To maintain a safe, orderly, and decent environment where students have fewer distractions and can focus on schoolwork.
  - b. To control your life.
  - c. To keep you warm during the colder winter months.
  - d. To ensure that you only wear what the principal wants you to.
5. What is the point of homework?
  - a. To make sure you have no life outside of school.
  - b. To make you think, work, and learn outside of the school environment to help you become educated, lifelong learners.
  - c. To give you something to do in case you get bored.
  - d. To maintain a high GPA.
6. If you don't have homework to do for a grade you should:
  - a. Party
  - b. IM your friends all night
  - c. Sleep
  - d. Review old materials you have, work on a future project, read related material, and brushen up on your educational skills.
7. School counselors can help you with:
  - a. Any personal, academic, career, or social issue you are having.
  - b. Your graduation plan
  - c. Any conflicts you are having with a teacher, friend, or at home
  - d. All of the above

8. If you are having trouble in a class you should:
  - a. Act out and get sent to the office.
  - b. Complain to your parent/s so they talk to the teacher.
  - c. Talk to the teacher yourself and ask for help.
  - d. Do nothing; you will never have to know that stuff anyhow.
  
9. To get into college you need:
  - a. A balance of a good GPA, SAT scores, extracurricular activities and/or sports, and a good attendance record starting the FIRST day of your freshmen year.
  - b. Wealthy parents who can influence the admission committee.
  - c. A 4.0 GPA and perfect SAT score.
  - d. To worry about it your junior year.
  
10. High School is all about:
  - a. Having fun
  - b. Learning
  - c. Meeting new people
  - d. All of the above

## High School Cyber Hunt

Directions: Check out your high school website to answer the following questions!

The name of my high school is \_\_\_\_\_.

My high school mascot is \_\_\_\_\_.

My high school colors are \_\_\_\_\_.

My high school day starts at \_\_\_\_\_.

My high school day is over at \_\_\_\_\_.

My high principal's name is \_\_\_\_\_.

My high school counselors name is \_\_\_\_\_.

My high school is located in \_\_\_\_\_.

My high school has \_\_\_\_\_ (number) activities and/or clubs I can join.

I will look into joining the following two activities and/or clubs:

1. \_\_\_\_\_.

2. \_\_\_\_\_.

My high school has \_\_\_\_\_ (number) of sports teams.

I might look into trying out for the \_\_\_\_\_ team. (It's OK if you don't play a sport!)

The most interesting thing about my high school is \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I need \_\_\_\_\_ (number) of credits to graduate.

I **WILL** graduate in the year of \_\_\_\_\_!

## RESOURCES

### Links for Parents

Helping Your Middle School Child Make the Transition to High School

<http://www.greatschools.net/cgi-bin/showarticle/3108>

High School Transition Tips for Parents (.pdf file--requires Adobe Acrobat)

[http://www.greatschools.net/pdfs/high\\_school\\_tips.pdf?date=07-28-06&status=new](http://www.greatschools.net/pdfs/high_school_tips.pdf?date=07-28-06&status=new)

Moving From Middle to High School

<http://school.familyeducation.com/school-readiness/parents-and-teacher/37690.html>

Tips for Parents and Students to Help With a Successful Transition to High School

[http://pioneerhigh.org/misc\\_images\\_forms/transitiontips.pdf](http://pioneerhigh.org/misc_images_forms/transitiontips.pdf)

Getting Ready for High School

<http://www.schoolcounselor.org/content.asp?contentid=229>

Taking the Next Step: Tips to Ease Your Child's Transition to High School

<http://www.studydrive.com/assets/files/High%20School%20Transition%20Tips%20for%20Parents%20-%20StudyPoint.pdf>

### Postsecondary Planning Websites

The College Foundation of North Carolina

<http://www.cfnc.org>

ACT

<http://www.act.org>

College Resource Source

<http://www.townsend-outlook.com/>

College Fair Locations

<http://www.nacac.com/fairs.html>

Historically Black College and Universities

<http://www.hbcunetwork.com/>

College Prowler - College Guides for the Top 100 Colleges and Universities

<http://www.collegeprowler.com/>

All About College

<http://www.allaboutcollege.com/>

SAT/College Board

<http://www.collegeboard.com>

NCAA Clearinghouse

<http://www.ncaaclearinghouse.net/ncaa/NCAA/common/index.html>

US Coast Guard  
<http://www.uscg.mil/USCG.shtm>

US Army  
<http://www.uscg.mil/USCG.shtm>

US Marine Corps  
<http://www.usmc.mil/>

US Air Force  
<http://www.airforce.com/>

US Naval Academy  
<http://www.usna.edu//homepage.php>

US Air Force Academy  
<http://www.usafa.af.mil/>

## **Career Websites**

America's Job Bank  
<http://www.ajb.dni.us/>

College & Career Quest Exercise  
<http://www.njsca.org/col/colquest.htm>

Virtual Job Shadowing  
<http://www.virtualjobshadow.com/>

Career Centers around the Globe  
<http://www.careerresource.net/carserv/>

Construct My Future  
<http://www.constructmyfuture.com/>

My Future  
<http://www.myfuture.com/>

Bridges  
<http://www.bridges.com/>

The Career Key  
<http://www.careerkey.org/english/>

## **Mental Health Websites**

The National Eating Disorders Association

<http://www.edap.org/>

Adolescent Directory Online

<http://education.indiana.edu/cas/adol/counselor.html>

Advocates for Youth

<http://www.advocatesforyouth.org/>

Teen Pregnancy Prevention

<http://www.teenpregnancy.org/>

Anger Management for Teens

<http://www.safeyouth.org/scripts/teens/anger.asp>

Gang Reduction through Intervention, Prevention, and Education

<http://www.gripe4rkids.org/>

Depression in Teenagers

<http://www.psychologyinfo.com/depression/teens.htm>

Self Injury Information and Support

<http://www.selfharm.net/>

Face The Issue

<http://www.facetheissue.com/>

The Teen Wire

<http://www.teenwire.com/>

## **Academic Preparation Websites**

Decision Making Model

<http://www.caps.ucsf.edu/capsweb/hotdecision.html>

The Big Six Study Skills

<http://www.big6.com/>

How to Study

<http://www.how-to-study.com/>

Test Yourself - Practice SAT and ACT

[http://www.gocollege.com/testyourself/test\\_home.shtml](http://www.gocollege.com/testyourself/test_home.shtml)

## High School Websites

Apex High

<http://www.apexhigh.com/>

Athens Drive High

<http://athensdrivehs.wcpss.net>

Broughton High

<http://broughton.wcpss.net>

Cary High

<http://caryhs.wcpss.net>

East Wake High

<http://ewhs.wcpss.net>

Enloe High

<http://enloehs.wcpss.net>

Fuquay-Varina High

<http://fvhs.wcpss.net>

Garner High

<http://garnerhs.wcpss.net>

Green Hope High

<http://greenhopehigh.wcpss.net>

Heritage High School

<http://heritagehs.wcpss.net>

Holly Springs High School

<http://hollyspringshs.wcpss.net>

Knightdale High School

<http://knightdalehs.wcpss.net>

Leesville Road High

<http://www.leesville.org>

Mary Phillips High

<http://phillipshs.wcpss.org>

Middle Creek High

<http://middlecreekhs.wcpss.net>

Millbrook High  
<http://mhs.wcpss.net>

Panther Creek High  
<http://panthercreekhs.wcpss.net/>

Sanderson High  
<http://sandersonhs.wcpss.net>

Southeast Raleigh High  
<http://www.srhs.net>

Wake Early College of Health and Science  
<http://healthscienceec.wcpss.net>

Wake Early NC State STEM  
<http://stemec.wcpss.net>

Wake Forest-Rolesville High  
<http://wfrhs.wcpss.net>

Wakefield High  
<http://wakefieldhs.net/>