

# **Sophomore and Junior Information Night**

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*Wake Forest High School*

# Introductions-- Student Services

All 10th- 12th graders have one of the following school counselors:

- Ms. Lisette Pike- A-G
- Ms. Christine Cox- O-Z
- Mr. Bryce Gibbons- H-N
- Ms. Jasmine Alston- *Dean of Student Services*

*Additional Student Services Team Members:*

- *Ms. Jodi Deskus- SAP Coordinator serving all students*
- *Susan Tyson, Career Development Coordinator*
- *Ms. Sandra Winters, Financial Aid Adviser*

# How to see your counselor...

- Classroom guidance- December-February to discuss College and Career Planning
- Course registration for next school year begins in January
- All students can utilize the Request for Appointment form available online or at the front desk.
  - Students are asked to return at the end of the following school day to pick up their pass
- All emergency/crisis cases should be identified at the front desk for the next available counselor

# How to contact your student's counselor:

Ms. Pike- [luntoria@wcpss.net](mailto:luntoria@wcpss.net)

Mr. Gibbons- [bgibbons@wcpss.net](mailto:bgibbons@wcpss.net)

Ms. Cox- [ccox2@wcpss.net](mailto:ccox2@wcpss.net)

Ms. Alston- [jalston2@wcpss.net](mailto:jalston2@wcpss.net)

[www.wcpss.net/wakeforesths](http://www.wcpss.net/wakeforesths) > Students > Student Services

# How you will hear from us...

Send a **Text Message** to our “Remind” Service

- Sophomores: Text 81010 with the message “@wfhsrem”
- Juniors: Text 81010 with the message “@wfhsre”

This is a way for the counselors to send reminders to both students and parents!

We are on **Twitter!** @WFHScounselors

**Email:**

- Sign up for the WFHS Parent Database, available on our website homepage

# GPA Scale- Juniors

	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>F</b>	
<b>Academic</b>	4.0	3.0	2.0	1.0	0	
<b>Honors</b>	5.0	4.0	3.0	2.0	0	
<b>AP</b>	6.0	5.0	4.0	3.0	0	

A: 100 - 90

B: 89 - 80

C: 78 - 70

D: 69 - 60

F: 59 - 0

# GPA Scale- Sophomores and beyond

	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>F</b>	
<b>Academic</b>	4.0	3.0	2.0	1.0	0	
<b>Honors</b>	4.5	3.5	2.5	1.5	0	
<b>AP</b>	5.0	4.0	3.0	2.0	0	

A: 100 - 90

B: 89 - 80

C: 78 - 70

D: 69 - 60

F: 59 - 0

# Promotion and Graduation Requirements

<b>Students entered 10th grade because they completed:</b>	<b>Students enter 11th grade because they completed:</b>	<b>In order to enter 12th grade, students need:</b>
English I	English II	English III
2 credits in EITHER Math, Science, or Social Studies	1 credit in Math 1 credit in Science 1 credit is Social Studies	Enrolled in a program that will result in completion of graduation requirements
3 additional credits	2 additional credits	
<b>Total: 6 credits</b>	<b>Total: 12 credits</b>	<b>Total: 18 credits</b>



# Graduation Requirements

<b>4 Credits in English:</b>	English I, English II, English III, English IV		
<b>4 Credits in Math:</b>	Math I, Math II, Math III, 4th Math Course		
<b>4 Credits in Social Studies:</b>	World History, American History I, American History II, Civics/Economics		
<b>3 Credits in Science:</b>	Earth Sci. or AP Environmental Sci.	Biology	Physical Sci., or Chemistry, or Physics
<b>1 Credit in Healthful Living</b>	Healthful Living OR ROTC Healthful Living I and II		
<b>10 Elective Credits</b>	2 of any CTE, Arts, or Foreign Language	(Recommended) 4 Concentration in: CTE, JROTC, Arts, or other subject area	4 Additional credits from any area
<b>TOTAL: 26 Credits</b>			

# **Additional requirements for Four-Year College Bound students:**

- Foreign Language
  - The UNC system requires a minimum of 2 credits in a Foreign Language for admission.

# College and Career Promise through Wake Tech

Juniors and Seniors can Dual Enroll at Wake Tech to earn college credits while still in high school. This is FREE!

- Earn high school and college credit
- Must first attend a mandatory information session → <http://www.waketech.edu/career-and-college-promise>
- Complete all paperwork with Wake Tech and then come to Student Services.
  - We will sign off and give you the WFHS Dual Enrollment Application
- You must take at least (2) classes each semester at WFHS

# NCAA Eligibility

- Register with the NCAA Eligibility Center online during your junior year if you plan to play a sport at a Division I or Division II college/university.

[www.ncaa.org/student-athletes/future/eligibility-center](http://www.ncaa.org/student-athletes/future/eligibility-center)

- We host an NCAA Information Night each year - December 6th @6:30pm
  - Students in ALL grade levels are welcome to join!

# SAT & ACT Planning

Sophomores: took PreACT and PSAT in October; wait for scores and start studying!

Juniors: Continue to study and begin taking SAT/ACT tests by spring; continue through Fall of senior year

\*Practice ACT for sophomores and Juniors January 28th!

SAT (\$54.50):

December 3, 2016

January 21, 2017

March 11, 2017

May 6, 2017

June 3, 2017

ACT (\$56.50 w/ Writing):

December 10, 2016

February 11, 2017

**FREE FOR JUNIORS: FEBRUARY 28, 2016**

April 8, 2017

June 10, 2017

Register at: [www.collegeboard.org](http://www.collegeboard.org)

Register at: [www.act.org](http://www.act.org)

*Remember: Registration deadlines are about 1 month before the exam date.*

# Take a Realistic Approach to Applications

- By September of your senior year, try to have a list of schools you are interested in. Make sure the schools are a mix of:

**Dream/Reach Schools-** academic credentials fall in the lower end, or even below, the school's average range for the cohort of students accepted the previous year. Dream schools are long-shots, but they should still be possible.

**Match/Target Schools-** your academic credentials (grades, SAT/ACT scores, etc) fall well within the school's average range for the most recently accepted class. There are no guarantees, but it's not unreasonable to expect to be accepted to several of your match schools

**Safety Schools-** your academic credentials exceed the school's range for the average freshman. You should be reasonably certain that you will be admitted to your safety schools.

Check out our website for North Carolina College/University Stats to begin this process

# Summer Plans

- Valuable time! Don't let it go to waste!
- Summer College programs- see if a school you are interested in offers one!
  - Stop into Student Services to see what information we have received
  - Check our Student Services website
  - Pay attention to our Remind Text messages!
- Summer Jobs, Internships, Volunteering
- Visit college campuses