



APEX FRIENDSHIP HIGH SCHOOL

JUNIOR NEWSLETTER

CLASS OF 2025



November 2023

Promotion Requirements

School Counselors & Support Staff

Dean of Students – Sarah Carter
SDCarter@wcpss.net

Quzette Butler A-Co
QButler@wcpss.net

Jennifer Conley Me – R
JConley@wcpss.net

Brittany Amalfitano Cr – He
BAmalfitano@wcpss.net

Sam Greene S – Z
SGreene3@wcpss.net

Sharli Muir Hi – Mc
SMuir@wcpss.net

Kelly Burden SAP
KSBurden@wcpss.net

Linda Brannan – Financial Aid Counselor
LBrannan@wcpss.net

To schedule an appointment, visit: www.wcpss.net/Page/36544

Additional Support

Lauren Connors
Receptionist

Jennapher Wall
Registrar

Tracey Wooten
Intervention Coordinator

Cathy Howard
Data Manager

Christie DeBerry
School Nurse

Susan Parker
School Psychologist

Promotion to Grade 12:

Minimum of 18 credits: Three credits must be English I, English II and English III, and enrollment in remaining courses required to graduate.

Graduation Requirements

Curriculum	Units	Courses
English	4	English I, II, III, and IV
Mathematics	4	Math 1; Math 2; Math 3; and fourth math course based on student's post-high school plans
Science	3	Earth Science or AP Environmental Science; Biology; and either Physical Science, Chemistry, or Physics
Social Studies	4	World History; Civic Literacy or AP Government; American History or APUSH; Economics & Personal Finance
Health & PE	1	Healthful Living
Required Electives	2	2 electives of any combination from either CTE, Arts Education or World Language
Additional Electives	8	Courses from any subject area 4 electives <i>strongly recommended</i> to concentrate in one area (CTE, Arts, or any other subject area)
Total	26	MINIMUM required to graduate

Early Release/Late Arrival for Senior Year

- You may request up to two periods off at the beginning or end of the school day for work, internship, and/or other approved opportunities.
- You may submit this form during Spring registration.
- Approval is based on course availability and remaining credits needed.
- Dropping courses may impact college admissions' decisions

Need Extra Help?

- AFHS Student Services: <https://www.wcpss.net/domain/13891>
- Academic Resources: <https://www.wcpss.net/Page/36562>
- AFHS Peer Tutoring: Please speak with your teacher to have them submit a request for an NHS Tutor.
- Emotional Support Resources: <https://www.wcpss.net/Page/47558>

Wake Tech's CCP

- Take community college courses tuition-free
- Fall, Spring, and Summer courses are available
- More information: <https://www.wcpss.net/Page/49151>

To earn Latin Honors at Graduation:

- Summa Cum Laude: 4.25 weighted GPA or higher
- Magna Cum Laude: 4.00 to 4.249 weighted GPA
- Cum Laude: 3.75 to 3.99 weighted GPA

Mid-Year Graduation

- Must meet with your counselor to discuss graduation requirements and post-grad plans.
- Must be approved by Mr. Pittman.
- Priority Deadline: Friday, May 17th, 2024.

NCAA Eligibility Center

To be certified eligible play Div. I or Div. II athletics in college, register at the NCAA Initial Eligibility Center online at <https://web3.ncaa.org/ecwr3/>.
NCAA Eligibility Information Night: January 11th, 2024 from 6:30-7:30 in AFHS Auditorium

Career Planning

- ☐ Start your search early! Contact our Career Development Coordinator, Mrs. Guinn (tguinn@wcpss.net)
- ☐ Identify individuals who may provide a reference
- ☐ Career planning websites:
 - <http://careerounselormrsguinn.weebly.com/>
 - <https://app.paper.co/majorclarity>
 - <https://www.cfnc.org/plan-your-future/plan-for-a-career/>
 - Occupational Outlook Handbook: <https://www.bls.gov/ooh/>
 - NC Apprenticeship Program: <https://www.nctap.org/>
 - Job Training Programs: www.waketech.edu/programs-courses/non-credit/enhance-your-career/career-pathways

11TH GRADE PLANNING TIMELINE

Click here for recommendations for Fall and Spring activities to prepare for applying to college.

Grade Point Average (GPA): Your GPA is the sum of all the quality points earned divided by the total number of attempted credits.

Standard	Honors	AP or CCP**
A = 4 Pts	A = 4.5 Pts	A = 5 Pts
B = 3 Pts	B = 3.5 Pts	B = 4 Pts
C = 2 Pts	C = 2.5 Pts	C = 3 Pts
D = 1 Pt	D = 1.5 Pts	D = 2 Pts
F = 0 Pts	F = 0 Pts	F = 0 Pts

* Mainly college transfer courses

College Eligibility: The Minimum Course Requirements (MCR) for the University of North Carolina System of Higher Education determine your eligibility to apply. Completing these courses means you have satisfied the minimum requirements needed to be *eligible to apply* to a public university in North Carolina. The requirements are:

- ☐ A minimum weighted GPA of 2.5 – or – minimum of 19 on the ACT OR 1010 (combined Verbal and Math) on the SAT
- ☐ 4 credits of English
- ☐ 4 credits of Math (Math 1, 2, 3 and one credit beyond Math 3)
- ☐ 2 credits of Social Studies (Including 1 in U.S. History)
- ☐ 3 credits of Science [Earth Science; Biology; Physical Science (Physical Science, Chemistry, or Physics)]
- ☐ 2 additional academic courses from English, Math, Science, Social Studies, World Language, or Computer Science (in alignment with career objectives)
- ☐ Optional: 2 consecutive credits of the same foreign language (This is still a requirement for many out of state universities)

****It is also strongly recommended by colleges that you take a math course during your senior year of high school. Students are also encouraged to take more than just two years of a foreign language when considering more competitive colleges/universities.



Interest in the Military

- Research the different military branches: [Army](#), [Navy](#), [Marines](#), [Air Force](#), [Space Force](#), [National Guard](#), and [Coast Guard](#)
- [Military.com](#)
- Meet with a branch recruiter along with a parent or guardian
- Take the ASVAB

Useful Websites for College Planning

Apex Friendship High School <https://www.wcpss.net/apexfriendships>

Check out our website for current happenings at our school. [Visit the Student Services section](#) for college admissions' profiles of our recent graduates, scholarship information, planning guides for high school and much more!

The College Foundation of North Carolina www.CFNC.org

This excellent website [helps you plan for college, apply to college and learn how to pay for college](#). Includes specific information on all colleges and universities in NC, including community colleges; career information; high school course planner and scholarship information. Students can use CFNC to apply to NC schools, send transcripts, and much more.

The Common Application – Apply to most of your colleges in one place! Juniors can create their profile, but DO NOT begin applying to school until after August 1. <https://www.commonapp.org/plan/your-path-to-college/11th-grade>

Big Future www.bigfuture.org
Research colleges, the admissions process, financial aid, and scholarships.

SAT Test Prep <https://www.khanacademy.org/sat>
Free, personalized SAT test prep offered through Khan Academy. Link your PSAT or SAT Score Report or take the quizzes offered to identify your areas of need.

ACT Test Prep <https://rb.gy/5iigcx>
Free, ACT test prep provided by the ACT. Find full practice exam as well as order their free test prep guide.

Basics of Financial Aid <https://www.wcpss.net/Page/53592>
Handout provided by our Financial Aid Counselor, Linda Brannan, provides a great overview of the financial aid process. [Click here for direct access to the handout](#)

What Colleges Consider	What you Should Consider
<ul style="list-style-type: none"> • Challenging course selection • Course grades • Standardized test scores • Strong application • Personal statement • Supplement essays • Recommendations • Extracurricular activities • Sports & Clubs • Work, internships, etc. • Community service • Demonstrated interest 	<ul style="list-style-type: none"> • Your intended major • Average GPA & test scores of admitted students • Cost • Type/size • Location/geography • Campus life • Academic & professional opportunities (study abroad, internships, job placement etc.) • Talk to college fair representatives

EARLY DECISION	EARLY ACTION
Binding: must withdraw all other applications if admitted to attend that school	Non-binding: must commit or decline typically by May 1
Can apply only for Early Action and Regular Deadline at other schools	No restrictions on applying to other schools for Early Action and Regular Deadline
Due usually between Oct 15 - Nov 1; notified by Dec 1-Jan 1	Due usually between Oct 15 - Nov 1; notified by Dec 1-Jan 30
Early Decision II is offered by some schools; similar rules but later application	A great way to take the pressure off! Beneficial for financial aid candidates!