



APEX FRIENDSHIP HIGH SCHOOL

Freshman NEWSLETTER



CLASS OF 2025

January 2022

Promotion Requirements

WHO'S IN STUDENT SERVICES?

School Counselors

David Donatini: A-K
ddonatini@wcpss.net

Dania Borrero: L-Z
dborrero@wcpss.net

Ashley Wilson: Dean
awilson6@wcpss.net

Frances Hughes: SAP
fhughes@wcpss.net

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

Additional Support

Chanda Maxwell
Receptionist

Linda Colhoun
Registrar

Tracey Wooten
Intervention Coordinator

Katie Elliot
Data Manager

Christie DeBery
School Nurse

Susan Parker
School Psychologist

Promotion to Grade 10:

Minimum of 6 credits: One credit must be English I, and another two must be a combination of core classes (Social Studies, Math, Science).

Graduation Requirements

Curriculum	Units	Courses
English	4	English I, II, III, and IV
Mathematics	4	Math I, Math II, Math III, and 4th course beyond Math III
Science	3	Earth Science/ AP Environmental Science, Biology, and Physical Science/Chemistry/Physics
Social Studies	4	World History, Civics Literacy, American History, and Economics & Personal Finance
Health & PE	1	Healthful Living
Required Electives	2	2 electives of any combination from either CTE, Arts Education or Second 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

EOC's CTE's and Final Exams:

EOCs are state exams and are averaged as 20% of your final grade are mandatory for: 1) Biology 2) English II 3) NC Math 1 4) NC Math 3

CTE Post Assessments are required for many CTE courses and are averaged as 20% of your final grade.

Final Exams (Teacher Made) are for all other courses. Exams will be averaged as 20% of your final grade

Need Extra Help?

- Emotional Support Resources:**
<https://www.wcpss.net/Page/47558>
- 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.
- Approved WCPSS Tutors:**
<https://www.wcpss.net/Page/36563>
- AFHS Student Services:**
<https://www.wcpss.net/domain/13891>

Get Involved: Join a Club

<https://www.wcpss.net/domain/2903> or Play a Sport

<https://www.wakecountyathletics.com/apexfriendships> to get the most out of your high school experience!

First Semester Is Done, Now What?!

Consider your GPA, see what areas you were successful in and in what areas you could improve on, build skills and ask for help.

Calculating Your GPA

You will earn your first GPA at the end of first semester. Learn how to calculate your GPA <https://bit.ly/3q84dVl>

Study Skills Tips – Learn how to improve your study skills by visiting <https://bit.ly/335epFB> and learning more on:
Getting Organized
Spending Your Time Wisely
Taking/Reviewing Notes
Taking Tests and Quizzes

Activities

Try these activities to help build skills with Time Management, Learning Style, Goal Setting, Career Interest, and more
<https://bit.ly/3F6kEWM>

Executive function and self-regulation skills are the mental processes that enable us to plan, focus attention, remember instructions, and juggle multiple tasks successfully. Just as an air traffic control system at a busy airport safely manages the arrivals and departures of many aircraft on multiple runways, the brain needs this skill set to filter distractions, prioritize tasks, set and achieve goals, and control impulses. To get help building these essential skills for life-long success, please schedule an appointment with your counselor.

Career Exploration

- Start your search early!
- Contact our Career Development Coordinators, Mrs. Tomey (Ltomey@wcpss.net) or Mrs. Guinn (tguinn@wcpss.net)
- Consider these questions when thinking of a career:
 - What type of difference do you want to make in the world?
 - What activities do you lose track of time doing because you enjoy them so much?
 - Would you prefer to work with your hands, objects, data, people or ideas?
- Network with people in the fields of interest
- Career planning websites:
 - afhscareerguidance.weebly.com/
 - www1.cfnc.org/Plan/For_A_Career/default.aspx
 - www.majorclarity.com
 - www.educationplanner.org/index.html
 - www.onetonline.org/



Interest in the Military

- Research the different military branches: [Army](#), [Navy](#), [Marines](#), [Air Force](#), and [Coast Guard](#)
- Meet with a branch recruiter along with a parent or guardian
- Learn about the ASVAB
- Track your classes and be sure you are meeting your graduation requirements!

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

** Only 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
- 4 credits of English
- 4 credits of Math (Math I, Math II, Math III and a math beyond Math III)
- 4 credits of Social Studies to include World History, Civics and Economics, American History I and American History II or AP US History and a Social Studies Elective
- 3 credits of Science (Earth Science, Biology, Physical Science (Physical Science, Chemistry, or Physics))
- 2 credits of the same foreign language
- Minimum of 17 on the ACT OR 880 (combined Verbal and Math) on the SAT

****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 do more than just two years of a foreign language when considering more competitive colleges/universities.

Contact your counselor.
We're here to help!

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Useful Websites for College Planning

Apex Friendship High School

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 both four-year and community colleges; career information; high school course planner and scholarship information. Students can apply directly to North Carolina schools, send transcripts, and much more. It is a ONE-ST OP-SHOP for students and parents. Visit www.CFNC.org and click on "Create My CFNC" to set up your personal CFNC account.

Big Future

www.bigfuture.org

The website contains information on the researching colleges, the admissions process, financial aid, and scholarships.

What's with all the Testing?

- Improves access and opportunity
- Counters grade subjectivity and inflation
- Accurately predicts Performance
- Verifies appropriate course placement
- Identifies achievement gaps

PSAT – October - Offered to 9th, 10th, 11th grade students - Students MUST register in order to take the exam

The Preliminary SAT, also known as the PSAT/NMSQT® (National Merit Scholarship Qualifying Test), is a preparatory version of the SAT exam. You can only take the PSAT once per year, and most students take the test in both 10th and 11th grade. If you earn a high score on the PSAT your junior year, you could qualify to receive a National Merit Scholarship—\$180 million dollars in merit scholarships are awarded to students each year! Testing your skills in reading, writing, and math, the PSAT is 2 hours and 45 minutes long. Unlike the SAT, the highest score possible on the PSAT is 1520. **There is a student guide available online:**

<http://collegereadiness.collegeboard.org/pdf/psat-nmsqt-student-guide.pdf>

Pre-ACT – November - All 10th grade students are REQUIRED to take - No registration is needed

Anchored on the ACT college and career readiness standards, PreACT helps educators, students, and parents, identify areas of academic strength and opportunity. Students may opt to have their information shared with colleges and scholarship agencies when they take PreACT, providing greater opportunities for recruitment and scholarship awards.

For more information visit: <http://www.act.org/content/act/en/products-and-services/preact.html>