



APEX FRIENDSHIP HIGH SCHOOL JUNIOR NEWSLETTER



CLASS OF 2026

November 2024

Promotion Requirements

School Counselors & Support Staff

Dean of Students – Sarah Carter
SCarter@wcpss.net

Karina Hernandez A-Co
KHernandez@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
Schol Nurse

Amy Hawkins
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	4	Courses from any subject area <i>*To create opportunities for after graduation, we encourage students to take 4 additional electives beyond the requirement in an area of concentration (CTE, Arts, or any other subject area)</i>
Total	22	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.
- Submitting before the priority deadline: Friday, March 28th 2025, guarantees your schedule will be adjusted to include off campus periods.
- 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, March 28th, 2025.

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 9th, 2025 from 6:00-7:00pm in the AFHS Auditorium.

Career Planning

- D Start your search early! Contact our Career Development Coordinator, Mrs. Guinn (tguinn@wcpss.net)
- D Identify individuals who may provide a reference
- D Career planning websites:
 - <http://careercounselormrsguinn.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



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

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:

- D **A minimum weighted GPA of 2.5. Students with a weighted HS GPA greater than or equal to 2.5 and less than 2.8 are required to submit a standardized test score of a 17 or higher ACT or 930 or higher SAT**
- D **4 credits of English**
- D **4 credits of Math (Math 1, 2, 3 and one credit beyond Math 3)**
- D **2 credits of Social Studies (Including 1 in U.S. History)**
- D **3 credits of Science [Earth Science; Biology; Physical Science (Physical Science, Chemistry, or Physics)]**
- D **2 additional academic courses from English, Math, Science, Social Studies, World Language, or Computer Science (in alignment with career objectives)**
- D **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.*

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.gv/5ijgcx>
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/5>
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!