



An International Baccalaureate World School

GARNER
MAGNET HIGH SCHOOL

The Junior Presentation: Looking Ahead



International Baccalaureate
Baccalauréat International
Bachillerato Internacional

What We'll Discuss:

- ❑ Why your Junior Year is important
- ❑ Understanding Student Services
- ❑ Planning for Your Future
- ❑ Factors Important to the College Admissions Process
- ❑ Taking the SAT and ACT
- ❑ Promotion and Graduation Requirements

Counselors

Academic Counselors

- ◎ Mrs. Ciaccio, Dean of Students
jciaccio@wcpss.net
De - Go
- ◎ Mrs. Davidson
sdavidson2@wcpss.net
A – Da
- ◎ Mr. Bondurant
bbondurant@wcpss.net
Gr - Mb
- ◎ Mrs. Nelson
snelson3@wcpss.net
Mc – Sc
- ◎ Ms. Pettis
mpettis@wcpss.net
Sd – Z

Additional Counselors

- ◎ Riley Hickman
gmhs.cacduke@gmail.com
College Advisor
- ◎ Mrs. Daughenbaugh
ldaughenbaugh@wcpss.net
Career Development Coordinator
- ◎ Dr. Banks
psbanks@wcpss.net
Intervention Coordinator
- ◎ Mrs. Creecy
bcreecy@wcpss.net
SAP Counselor



Student Services Website

www.wcpss.net/garnerhs/



Students



College
Planning

Browser tabs: RapidIdentity, Teacher Schedules, My Drive - Google, Junior Meetings D..., Wake County Publi..., Mail - Stacy David..., College Planning /

Address bar: wcpss.net/domain/3514

Navigation: HOME, OUR SCHOOL, MAGNET, ACADEMICS, ACTIVITIES, **STUDENTS**, PARENTS, NEWS

College Planning

- Scholarships
- Transcripts (Current Students)
- Transcripts (Former Students)
- Recommendation Letters
- Entrance Exams (ACT/SAT)
- GPA/Class Rank
- College Planning Resources
- College Counseling
- On-campus College Visits
- Financial Aid
- Grade Level Classroom Presentations & Parent Presentations

Home > Students > College Planning

Current Scholarships

Please note that our College Scholarship list is updated as scholarships come in, usually a weekly basis. Please scroll through the entire list to check for new updates.

Seniors, as you receive academic and athletic scholarships, please bring a copy of the notification letter to Mrs. Davidson in Student Services by May 4, 2020. Scholarships are announced at the May Awards Ceremony. In addition, the total scholarship dollars offered the Class of 2019 will be announced at graduation in June. **You do not have to attend the college that offers you the scholarship in order for your scholarship to be included in the class total.**

[Click here for more Scholarship and College Planning Links...](#)

Triangle Community Foundation

Recent

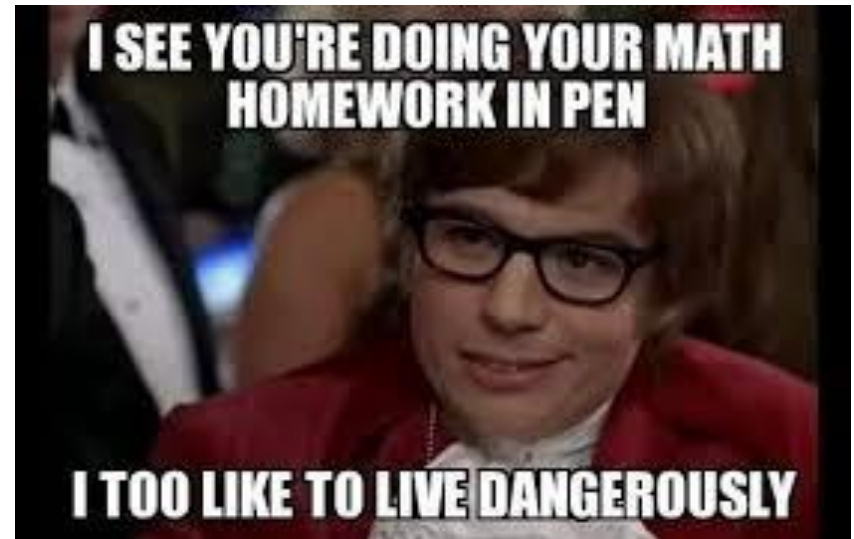
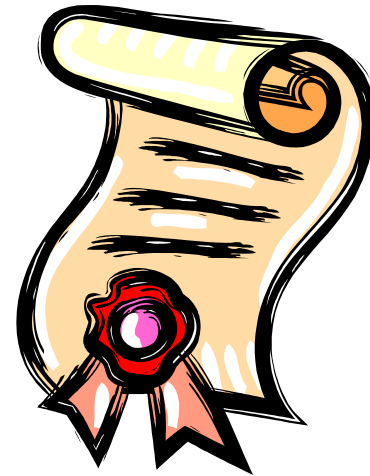
Graduation Requirements

- You **MUST** have 26 credits to graduate.
- You **MUST** demonstrate Hands-Only **CPR** in order to graduate.
 - Check your credit review sheet during registration to verify you have met this requirement. See your Counselor if you need CPR.
- To be promoted to a SENIOR:
 - Minimum of 18 credits
 - Pass English I, II, and III
 - The student must be enrolled in courses which, if successfully completed, will result in the fulfillment of their 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 * Some students may qualify for Math Substitution
Science	3	Earth Science/ AP Environmental Science, Biology, and Physical Science/Chemistry/Physics
Social Studies	4	World History, Civics and Economics, and American History I <u>and</u> American History II <u>or</u> AP US History and a Social Studies Elective
Health & PE	1	Health and PE
Required Electives	2	2 electives of any combination from either CTE, Arts Education or Second Language <i>2 Credits of same Foreign Language required for students planning to attend public 4-year college.</i>
Additional Electives	8	Courses from any area
Total	26	MINIMUM required to graduate

The Laude Honors System

- ◎ Summa Cum Laude: weighted GPA 4.25 or higher
- ◎ Magna Cum Laude: weighted GPA 4.0 - 4.249
- ◎ Cum Laude: weighted GPA 3.75 – 3.99



NC Scholars

- ◎ Students who receive the NC Scholars Honor must have a 3.5 unweighted GPA.
- ◎ In addition, they must fulfill certain course requirements. These requirements will be listed on your credit review sheet you will receive during Spring Registration.
- ◎ Students potentially eligible for NC Scholars should see their counselors if they have questions.
- ◎ Students who wish to receive this recognition must make sure to sign up for the appropriate remaining courses.



**What's next for you
after graduation?**



Work

□ Mrs. Daughenbaugh - Career Development Coordinator can help with:

- Trojan Career Prep Program
- Job fair opportunities
- Career prep & exploration
- Job Shadow & internships



Military



- Meet with Branch Recruiter
 - Take the ASVAB – FREE, on campus
 - Feb. 5 – must sign up through GMHS website– under students→career services
- *CORRECT THIS DATE ON HANDOUT**

Career Services Website

www.wcpss.net/garnerhs/



Students



Career Services

RapidIdentity x My Drive - Google Drive x Wake County Public Sc... x Mail - Stacy Davidson _ x Start Page x GMHS CAREER SERVICE x

gmhscareersrvcs.weebly.com

Apps Garner Magnet High RapidIdentity Administrative Duti... NCVPS Remind 101 The Common Appli... Pinterest Bb 19-20 Planning Gui... Student Check-in/C... SENDedu

Home Career & College Planning Earn While You Learn Volunteer with Career Services more...

Welcome To GMHS Career Services

All Students Read & Complete Career Interest Survey:

Each year Career Services hosts various workshops, field trips and activities that focus on student's career interest. Please complete the survey below so you will have the opportunity to receive invitations to participate in various events/activities that meet your career interests. [Click Here for Student Career Services Survey](#)

GMHS Career Services is an on-campus career development service offered to all GMHS high school students. It is the central hub for all things career-related.

UpComing Events:

ASVAB Exam

Free Exam for Students Interested in Joining the Military, Use as Practice for the ACT/SAT, or Use for Career Exploration.

Registration is Open
Feb 5, 2020 in Room 1301
7:20-10:30
CLICK TO REGISTER

Lunch and Learn: Careers in Law Enforcement

Are you interested in a career in Law Enforcement? Join us for Lunch and Learn from professionals working in FBI, Forensics, State Trooper and Local Enforcement so you can learn what you need to be doing now to enter this field with success.

Dec 17, 2019 in Room 1301
Will Begin Emailing Applications by 11/25/19
Must Complete the Career Interest Survey on this Page to be Invited to Apply
Seating is Limited to No More than 20

POWERED BY weebly

ts should visit Career Services and

Members of YLG will visit Community Of Hope & the Garner Chamber of Commerce.

NC Community College System

College Transfer Program

- ❖ 2 years of basic courses
 - ❖ English, math, science, social studies, etc.
- ❖ Earn one of 2 degrees:
 - ❖ Associates in Arts (A.A.)
 - ❖ Associates in Science (A.S.)
 - ❖ Associates in Fine Arts (A.F.S)
 - ❖ Music or Art
- ❖ Transfer to four-year college at end of 2 years
- ❖ Major course work taken at the college/university
- ❖ Transfer Assured Admissions Policy (TAAP)
 - ❖ Assures admission to one of 16 UNC System Schools

Two Year Degree Programs

- ❖ 2 years of career specific courses
- ❖ Earn career specific degree, such as:
 - ❖ Radiography
 - ❖ Automotive Technology
 - ❖ Computer Programming
- ❖ These programs are for students who plan to earn a two-year degree and then enter the workforce
 - ❖ Credits may not transfer to four-year college

SAT/ACT not required for Community College. Students planning to attend Community College can register to take the free RISE test at the Community College.

*Students who are unsure of their college plans should plan on taking the SAT/ACT.

Planning to Attend a College or University?



Begin exploring 2 or 4-year university/college options. Research the admissions requirements and application deadlines.



Take the ACT and/or SAT in the Spring of this school year and Fall of 2020.

All Juniors will take the ACT at school, for FREE, on February 25.



Schedule college visits and campus tours during the summer and fall.



Create a resume of all activities and employment since 9th grade for teacher and counselor recommendations.



Apply -

Online through the college website
The Common Application

CFNC.org – The College Foundation
of North Carolina

Most students apply to 3-5 schools
(Reach v Safe).

ACT and/or SAT

Required for all 4-year colleges

Online tutorials available

ACT	SAT
February 25 – at GMHS - FREE	March 14
April 4	May 2
June 13	June 6
July 18	August 29
\$68 w/ writing, recommended	\$64.50 w/ essay, recommended
Free ACT Prep at kaptest.com or actstudent.org	Free SAT Prep at Khanacademy.org
***Fee waivers are available to those who qualify. See your counselor for details.	

What Colleges Look for:

❑ Academics

- SAT / ACT Scores
- Rigor of course work
 - Grades
 - GPA

❑ Extracurricular Activities

❑ Community Service

❑ Leadership



Some colleges require the following items and use them as part of the admissions process:

- Essays
- Recommendation Letters
 - Provide resume and 2-3 weeks notice

FAFSA

Free Application for Federal Student Aid

- fafsa.ed.gov

When to Apply?

- Students begin to submit their FAFSA starting in OCTOBER of their Senior year.
- Filling out your FAFSA and need help?
 - We will have a Financial Aid Counselor on hand in October. See your counselor for more info.

Division I & II College Athletes



**Register with NCAA
Clearinghouse**
www.ncaaclearinghouse.net
\$90 Fee*

***See Mr. Bondurant for fee waiver eligibility**

Contact Counselor: Ben Bondurant



**I HAVE NO IDEA
WHAT'S GOING ON...**

**AND AT THIS POINT,
I'M TOO AFRAID TO ASK..**

memegenerator.com

QUESTIONS?



Stress Management

Did you know?

A study by the American Psychological Association found that teens report stress levels like that of adults, meaning that they are experiencing significant levels of chronic stress, that they feel their levels of stress generally exceed their ability to cope effectively. Roughly 30% report feeling overwhelmed, depressed, or sad because of it.

Common Causes of Student Stress

- School
- Homework
- Extracurricular activities
- Social challenges (fitting in, identity)
- Transitions (grade levels, classes, graduating)
- Relationships & friendships
- Work

Ways to prevent or cope with stress

Make

Make healthy choices – eat, sleep, exercise.

- Teens need 9-9 1/2 hours of sleep per night. Lack of sleep may lead to difficulty concentrating, poor school/work performance, anxiety/depression.

Get

Get support and/or try to understand your feelings.

- Find a trusted adult. Your SCHOOL COUNSELOR is a great support!

Keep

Keep a sense of humor and perspective.

- Laughter is the best medicine.

Resolve

Resolve or eliminate source of stress.

- Toxic relationships? Too many work hours? Taken on too many commitments?

Identify

Identify how to prevent stress in the future.

- How do I do that? Start with the 4 suggestions above!

Responding to stressors. Let's practice!

Stressor	Negative Response	Positive Response
Being unprepared for class or a test/quiz.		
Being hurt by a friend or significant other.		
Disagreement with a teacher, parent, or coach.		