

Senior Meetings Fall 2021



Counselors

- ◎ **Mrs. Ciaccio, Dean of Students**
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De-Go
- ◎ **Mrs. Davidson**
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A – Da
- ◎ **Mr. Bondurant**
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- ◎ **Dr. Nelson**
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- ◎ **Mrs. Pettis**
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Roh – Z
- ◎ **Mrs. Creecy**
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SAP Counselor



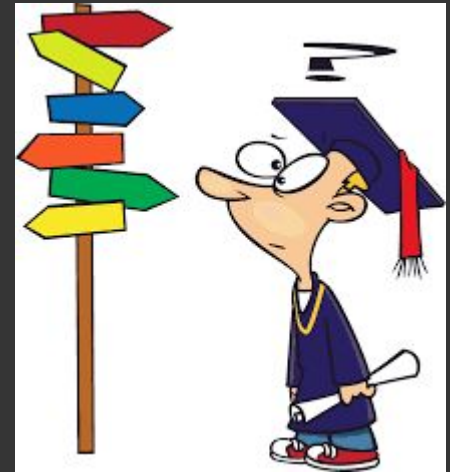


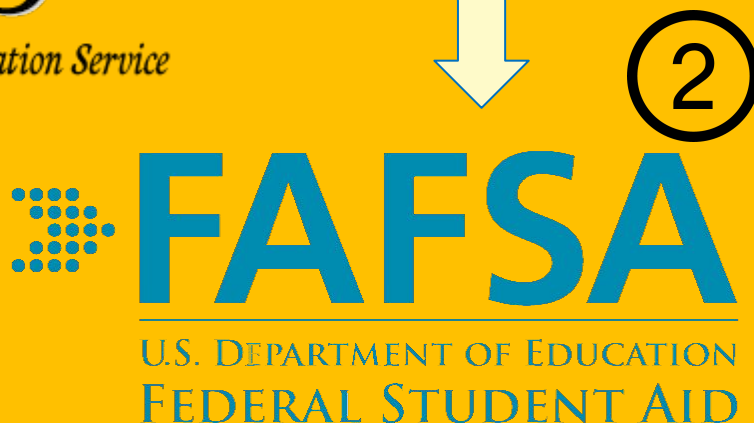
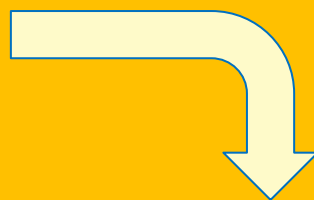
Your New College Adviser

Gena Ntirugelegwa

3 Steps to apply to college

Big Question:
Does the college
admissions process
seem overwhelming?





Schedule an appointment today!

Email: gmhs.cacduke@gmail.com

Web: <http://bit.ly/CAC-schedule>

Or find me next to student services
room 1107



Welcome Class of 2022!

In this presentation we will review the following:

- the credits you need to fulfill your graduation requirements
- the process for pursuing your plans after graduation
- the process for requesting transcripts and letters of recommendation.
- and more...



Graduation Requirements

- You **MUST** have 26 credits to graduate.
- 2 must be any combination of courses in Foreign Language, the Arts, or CTE
- All students must have 4 math credits to graduate.
- 2 foreign language credits are required for students interested in attending one of the 16 public universities in NC.

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 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	Healthful Living
Required Electives	6	2 electives of any combination from either CTE, Arts Education or Second Language 4 electives <i>strongly recommended</i> to concentrate in one area (CTE, Arts, or any other subject area)
Additional Electives	4	Courses from any area
Total	26	MINIMUM required to graduate

GPA on Transcript

00002X00	Health Education / Science I / Health Science I	
	Comm1st Aid/Safety/Emergency Response	
HU402X0	Health Science I / Health Science I	P
11492X0	Spanish I Heritage/Immersion / Spanish I for Native Speakers	PU
54175X0A	Visual Arts (Proficient) / Visual Arts III (Honors)	P
UNIVERSITY OF NORTH CAROLINA BOARD OF GOVERNORS		
MINIMUM ADMISSION REQUIREMENTS REMAINING		
English III	English IV	Fourth Math - UNC
Physical Science	US History	
PERFORMANCE INFORMATION		
Cumulative GPA Total Points are Calculated as of the end of 09/24/2014		
Cumulative GPA Weighted:	4.2000	Total Points Weighted: 63.0000
Cumulative GPA Unweighted:	3.7333	Total Points Unweighted: 56.0000
Class Rank as of 07/07/2014:	35 out of 598	Total Credits: Earned: 16.000 Potential: 15.000
		Credits Towards Graduation: 18.000
Note: All courses taken at the middle school for high school requirement(s) will not calculate in the GPA.		
Note: High School Earned Credits only are calculated.		
TESTING INFORMATION		
Test Name / Score Name	Score	Test Date
3rd Grade Math Pre		08/01/2006
3rd_Grade_MathPRE_Development_Scale	343	
3rd_Grade_MathPRE_Achievement_Level	IV	
3rd Grade Reading Pre		08/01/2006
3rd_Grade_ReadPRE_Achievement_Level	IV	
3rd_Grade_ReadPRE_Development_Scale	246	
3rd Grade Math		06/01/2007

Seniors, you must have Hands-Only CPR in order to

TESTING INFORMATION		
Test Name / Score Name	Score	Test Date
CPR		06/01/2015
CPR_Pass_Fail	P	
Math I End of Course		06/01/2015
MathI_EOC_Percentile	89	
MathI_EOC_Scale	262	

- Most of you have completed CPR in Health & PE. Check your transcript!
- If not, you must meet with a PE teacher and complete this requirement or you **WILL NOT GRADUATE!!!!**



The Laude Honors System



1st semester grades will be used to project final GPA's to determine Laude Honors.

- ⦿ 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

*****If you would like to have your GPA recalculated in June after exams, that can be done as well (see your counselor).**

NC Scholars



- ◎ Students who receive the NC Scholars Honor must have a 3.5 unweighted GPA.
- ◎ In addition, they must fulfill certain course requirements that were listed on your credit review sheet you received during your spring Junior Meeting/Registration last year.
- ◎ Students potentially eligible for NC Scholars should see their counselors if they have questions.

Plans After Graduation

College/University

- ◎ Students planning on attending a 2 or 4-year university should start applying now! Most students apply to anywhere from 3 to 5 schools. One should be a pretty definite and one may be a longer shot dream school. Make sure to check admission requirements and application deadlines for each college BEFORE you apply.
- ◎ You can also use the college SAT/GPA information on the handout. Always check the college website for admission requirements.
- ◎ All applications should be completed online through the individual college website, the Common App, or on CFNC.

Military

- ◎ Students planning on going into the military should be in contact with a recruiter from their branch of choice and take the ASVAB (offered again in the spring, date is TBD)

Work Force

- ◎ Students joining the job force should start their search early, discuss options with Mrs. Daughenbaugh, Career Development Coordinator (Room 1101), and use teachers and faculty for recommendation letters.



Gena Ntirugelegwa



Check
out our
Instagram!



Schedule an
Appointment!

College Advising

Things I can help with!

- Creating a college timeline
- College and major exploration
- ACT/SAT registration and prep
- College applications
- Essay writing tips, tricks and editing
- Financial aid
- Other post-high school plans



You can reach me at:
gmhs.cacduke@gmail.com



Applying to 2 and 4-Year Colleges & Universities



CFNC: The College Foundation of NC

- ⦿ On CFNC (www.cfnc.org) you can learn how to Plan, Apply and Pay for college.
- ⦿ Save time and energy using www.cfnc.org when you use the site for your applications. All common information will be saved and applied to each application.
- ⦿ CFNC hosts College Application Week from October 18th -22nd during which time many of the private schools (and a few public schools) waive the application fee. More details on the school website and cfnc.org.
- ⦿ For students who plan to work and want to explore career options, CFNC has a career tab to help you identify good career choices for your personality.
- ⦿ Complete **RDS** using your CFNC account (see next slide).

Residency Determination Service (RDS)

- ⦿ Must be completed **BEFORE** doing your college admission applications & requires parent information
- ⦿ Students GO TO: RDS at www.ncresidency.org
- ⦿ Login to RDS using your CFNC User Name and Password (*RESET*, if you can't remember)
- ⦿ RDS and applying for admission via CFNC is seamless. You are assigned a number (RCN #) and it will be prefilled on your applications
- ⦿ Students not using CFNC have a simple link to RDS on the college admission application



Residency Determination Service (RDS)

⦿ What if I DO NOT AGREE with my RDS determination?

- Log in to RDS to review status, residency classification, and check for required documents
- Correct or enter additional information in a RECONSIDERATION
- Have 10 days to request an APPEAL (provide special information to prove NC residency)
- Call RDS toll-free: 844-319-3640

⦿ What if I am a DACA student, I'm dependent, but my parents are not residents, and/or I'm financially independent or in transition?

- ⦿ You can answer NO to being a resident, fill out the RDS and still be assigned a RCN #. Or, appeal your decision and a RDS specialist will work one-on-one with students for determination. Also see your counselor for help if needed.

Colleges & Universities Participate in Free College Application Week October 18th – 22nd



- Now is the best time to plan which NC college(s) you'd like to apply to so you can become familiar with their deadlines, requirements, and if they waive their applications fees during CFNC week.
- Many NC colleges outright waive their application fee during this week. Check out the [NC College Application Fees for CAM 2021](#) document for application fee policies of NC colleges and universities during the week.
- During this week, all NC colleges and universities accept the College Board or ACT fee waiver in lieu of an application fee, for students who qualify (see your high school counselor for more information).

ACT/SAT

- ✓ Many schools this year are **test-optional** meaning ACT/SAT scores are **NOT** required. (make sure to check the each school's individual policy)

if you are still planning to take the ACT/SAT.....

- ✓ Check the testing websites for information regarding test dates and deadlines, registration, test practice, and how to request scores be sent to the universities
- ✓ Send test scores to colleges through the websites
 - ✓ SAT – www.collegeboard.org
 - ✓ ACT – www.actstudent.org



SAT and ACT Test Dates

SAT/SAT Subject Tests – Register at www.sat.org

SAT Test Date	Registration Deadline**
November 6, 2021	October 8, 2021
December 4, 2021	November 4, 2021
March 12, 2022	February 11, 2022
May 7, 2022	April 8, 2022
June 4, 2022	May 5, 2022

ACT Exams – Register at www.actstudent.org

ACT Exam Date	Registration Deadline**
October 23, 2021	September 17, 2021
December 11, 2021	November 5, 2021
February 12, 2022	January 7, 2022
April 2, 2022	February 25, 2022
June 11, 2022	May 6, 2022



****Late registration is available (with the addition of a late fee)**

*****Fee waivers are available to those who qualify. See your counselor for details.**

Requesting Official Transcripts

- ⦿ Request a **FREE** electronic transcript to be sent to any NC public or private institution through **www.CFNC.org**. You will need a PowerSchool ID and a CFNC account.
 - Go to **www.cfnc.org – Apply – To College – Application Hub**
- ⦿ Transcripts can also be requested through WCPSS
 - Go to **www.wcpss.net/transcripts**
 - The first 3 are free. There is a \$5.00 charge for each additional request.
- ⦿ Please allow for a 48-hour turn around for all requests
- ⦿ Transcripts for scholarships – Please see Ms. Stone
- ⦿ NOTE: *Counselors DO NOT send transcripts*

Financial Aid



- ⦿ Whether attending a 2 or 4 year university, you are likely eligible for financial aid.
- ⦿ In order to be eligible for financial aid you **MUST** complete the FAFSA (Free Application for Federal Student Aid) on line at fafsa.ed.gov. **It is recommended that you fill out the FAFSA along with your RDS as both require similar information.**
- ⦿ You can begin submitting applications on **October 1st, 2021.**
- ⦿ Our financial aid counselor is **Ms. Sandra Winters**. She can answer your questions and walk you through the financial aid process including filling out the FAFSA. Make appointments through the Student Services office or email. Ms. Winters is here on Tuesdays. swinters@wcpss.net

Scholarships

- Scholarships and scholarship search engines are on the school website. www.wcpss.net/garnerhs
Click **Class of 2022**
- CFNC also has scholarship information.
- Individual schools also have Scholarships. You must apply and pay attention to *deadlines*!
- Turn in all copies of scholarship notifications *on official letterhead* to Ms. Davidson as soon as you get them!

Student Resumes

- ◎ Students who plan to work after graduation or who plan to request teacher and/or counselor recommendations need to have some sort of resume.
- ◎ This resume or activities list should be presented to the teacher or counselor with the recommendation request.
- ◎ 2-3 weeks notice for recommendations is highly recommended to ensure you get the best recommendation possible.
- ◎ If you are using the Common Application, when you invite your counselor to fill out your school report, immediately email your counselor to notify them and fill out the recommendation form (next slide). It's necessary to be able to fill out your ratings.

Need a counselor letter of recommendation?

Link for Counselor Recommendations:

1. Go to GMHS website
2. Students
3. Student Services
4. College & Career Planning
5. I need a letter of recommendation



Sample Resume

Jane Doe
111 Happy Lane
Garner, NC 27529
919-555-5555, jdoe@gmail.com

Objective: To work as a cashier at Target.

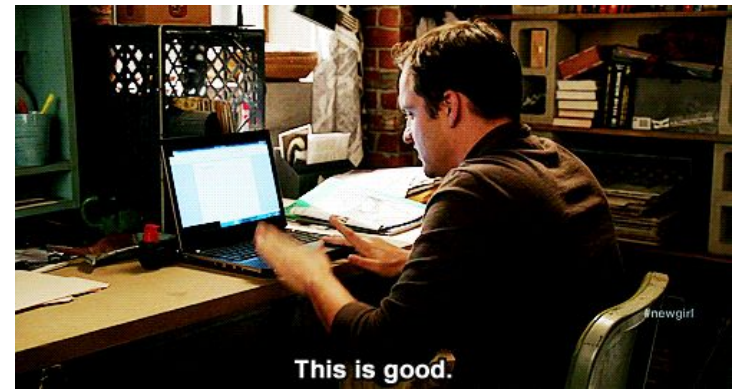
School: Garner Magnet High School

Activities/Awards: Member of Beta Club - grades 10 and 11
Member of Swim Team - grades 9, 10, 11, 12
Recipient of NC Scholars

Community Involvement: Volunteer, St. Mary's Church Soup Kitchen
Tutor, GMHS Trojan Zone

Employment: Cashier, Lowes Foods, Summer 2012

References: Available upon request



Suspensions

- ⦿ Any suspensions should be discussed openly and honestly on your college applications.
- ⦿ Suspensions can affect an admissions decision, and it is often good practice to include a written statement describing what happened and what you learned from the experience.
- ⦿ Obtain an Authorization for Release of Disciplinary Record form on **wcpss.net** under *forms*, and submit it to the Due Process office at Wake County Public Schools.

PLAN TO PARTICIPATE IN DIVISION I OR DIVISION II ATHLETICS IN COLLEGE?



**YOU MUST REGISTER
WITH NCAA
CLEARINGHOUSE ONLINE**
[**www.ncaaclearinghouse.net**](http://www.ncaaclearinghouse.net)



**Contact Counselor Ben
Bondurant for more information
bbondurant@wcpss.net**



Important Dates



- **CFNC Countdown to College** Oct. 1 – Oct. 31, 2021
- **CFNC College Application Week** October 18 - 22, 2021
- **CFNC FAFSA DAY** Saturday, October 23, 2021
- **Ongoing Virtual College Fairs** [Click here](#)
- **Deadline to submit scholarship notifications to Mrs. Davidson** Monday, May 2, 2022
- **GMHS Graduation** Saturday, June 11 @ 4 PM
Class of 2022

Please keep up with the GMHS Twitter Account
@Garner_hs

Please keep up with the GMHS Student Services Twitter
Account
@gmhsStudentSvcs

Senior Info Sheet

Please complete the Senior Information Google Form using the link or CR code below.

- It is extremely important that we have updated contact information for *every* senior to reach you if needed.
- We also want to know your potential plans after high school so we can try to plan for on-campus and/or virtual visits.

<https://tinyurl.com/3pk9y9ja>



Class of 2022 Celebrates Their K-12 Journey!

Class of 2022, WCPSS is inviting all seniors to share about a WCPSS staff member who has made a tremendous difference in your K-12 Journey. Where staff members are still with WCPSS, we will share this accolade with the staff member over the course of the school year. Please feel free to submit more than one response.

<https://bit.ly/Classof2022Celebrates>

I'm very busy doing things I don't
need to do in
order to avoid
doing anything I'm
actually supposed
to be doing.



your e cards
someecards.com

Does this sound familiar?
We ALL do it!

Effective time management
& setting goals are skills
that need to be learned and
practiced.



We have to commit to put new
behaviors and skills into action.

Stress → can interfere with effective time management and goal setting.
Remember this chart from last year?

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!

Motivation → is what drives us to succeed.
How to improve motivation?

- ★ Start with small, achievable goals
- ★ Focus on strengths
- ★ Get organized - backpack, folders, room, work space, etc.
- ★ Focus on what you have control over
- ★ Surround yourself with positive people

CHANCES OF SUCCESS:

0% I WON'T	60% I MIGHT
10% I CAN'T	70% I THINK I CAN
20% I DON'T KNOW HOW	80% I CAN
30% I WISH I COULD	90% I AM
40% I WANT TO	100% I DID
50% I THINK I MIGHT	

With stress and motivation in check, here are some next steps.

- ★ Make a weekly schedule -- and stick to it
- ★ Make to-do lists daily -- prioritize
- ★ Focus on one assignment at a time (use timers!)
- ★ Control time wasters (use timers!)
- ★ Reward yourself

