

Welcome to
Senior Year!

YOU MADE IT!

GOAL:
TO GRADUATE!

College Prep Guide % 2023

Cape Fear High School
4762 Clinton Rd.
Fayetteville, NC 28312
(P) 910-483-0191
(F) 910- 483-7190
CEEB: 341298

ENGAGE

EXPLORE

EXPLAIN

APPLY

SHARE

REFLECT

EXTEND



Welcome to Senior Year!

Welcome to Senior Year! We are excited that you have joined us. Please click on the links throughout the presentation for pertinent information. If you have any questions, please do not hesitate to reach out to your counselor throughout the year.

Please join the senior google classroom as we post important announcements throughout the year on there. The code will be available open house night.

Always check CFHS website and facebook page to stay up to date on all events.

Important Dates

Cap and Gown Order Deadline

TBA--Typically before Winter Break

<https://www.jostens.com/apps/store/customer/1051986/Cape-Fear-High-School/>

Senior Dues Deadline- Must pay online

They are \$90 and due before prom

<https://www.ccs.k12.nc.us/domain/1710>

CFNC College Application Week

October 17-21, 2022

Please know all documents have to be uploaded by 5pm October 21st to ensure your fee is waived.

Academic Calendar for 2022-2023

<https://www.ccs.k12.nc.us/site/handlers/filedownload.ashx?moduleinstanceid=24199&dataid=24107&FileName=2022-2023%20Traditional%20Calendar%20Board%20Approved%2004.13.21%20-%20Revised%2006.06.22.pdf>



Senior Support Staff

Contact List for Assistance:

Principal: Dr. Jason Jordan

jasonjordan@ccs.k12.nc.us

12th Grade Assistant Principal: Mr.Fields

reginaldfields@ccs.k12.nc.us

Senior Advisor/Graduation: Mrs. Parker

christyparker@ccs.k12.nc.us

Counselors: Mrs.Boyle, Mrs.Jones, Ms.Mayernik

alisonboyle@ccs.k12.nc.us Last Names A-G

belindajacobs@ccs.k12.nc.us Last Names H-N

kristenmayernik@ccs.k12.nc.us Last Names O-Z

FTCC High School Connections: Mrs.Boyle

alisonboyle@ccs.k12.nc.us

NC Virtual Public School (NCVPS): Mrs.Jones

belindajones@ccs.k12.nc.us

Scholarship Coordinator: Ms.Mayernik

kristenmayernik@ccs.k12.nc.us

Social Worker: Mrs. Smith

ashleymith@ccs.k12.nc.us

After High School Employment Resource:

<https://www.ncworks.gov/vosnet/youth.aspx>

There is a NCWorks Career Center here in

Fayetteville. The office is located at

414 Ray Ave, Fayetteville, NC 28301

Where to Start?

RESEARCH!

Google is your best friend.

Although please take note throughout this presentation as we have tons of websites to help you along the way.



- What do you want to do?
 - Don't know? Take a career inventory test to give you ideas.
- Research your career field to see if you should go to a 2 year or 4 year college.
- Take a visit to campus
- Do you want to attend a big or small university?
- What is campus life like?
- Does the school offer a variety of programs/pathways in case you want to change your major.
- How far do you want to be away from home?

Two Year Option

This site will tell you every community college we have in NC if you don't want to go to FTCC.

- <https://www.nccommunitycolleges.edu/about-us/main-campuses>

Community Colleges are typically two year programs depending on what you are looking at career wise.

- You can save money by attending a community college for 2 years and then transferring to a 4 year college/university.
- Community Colleges offer a variety of certifications for those interested in trades.

Examples of Programs:

- Nursing -Carpentry -Dental Hygiene/Assistant
- Automotive Systems Technology -Early Childhood
- And so much more

○

FTCC Representative Information

- We have an FTCC representative dedicated to serving our students if you are thinking about going to FTCC after your graduate.
- She will help you with applying and will even you look over all the programs they offer if you are not sure what you want to do. Make an appointment today by contacting her.

Angela Sikes

Email: sikesa@faytechcc.edu

She comes to campus very often to help students register for classes towards the end of spring semester.

Four Year Option

NC Universities:

NC Public Institutions: College Simply

NC Private Institutions: <https://ncicu.org/>

Public: A public university or public college is a university or college that is in state ownership or receives significant public funds through a national or subnational government, as opposed to a private university.

Example: UNC-Pembroke, NC State, Chapel Hill

Private: A private university is a university or college is an independent school that sets its own policies and accreditation. These schools receive no funding from the government.

Example: High Point University, Campbell

Main Differences of Public vs Private

- Campus Size:

Private schools tend to be smaller in size compared to public schools.

- Accreditation:

A school can be accredited nationally, regionally, or not at all. Regional accreditation, which is considered the gold standard of accreditation, is associated with the highest educational standards. Nearly all public universities are regionally accredited, while many private colleges are only accredited nationally.

- Cost

Private schools are typically way more expensive than public schools.

Checklists 2year vs 4 year

Two Year Checklist:

What is needed to get into a community college?

- High School Diploma
- Transcript

What do I need to do before applying?

- Apply for NC Residency
- Complete your FAFSA

When can you apply to a community college?

- You can apply anytime to get into a community college. You just have to send in your transcript and pay for the classes you select to take.

Four Year Checklist:

- Apply for NC Residency to ensure you pay in state tuition without doing this you will be charged out of state tuition. Make sure to complete your FAFSA.
- Apply to the college/universities you are interested in going. You can apply via commonapp, CFNC.org, or directly through their website. Check their freshman profile. The minimum GPA is a 2.5, ACT composite score of 19, or a SAT score of 880
- You must send in test scores if your school is requiring you to have them. Please check if they are requiring the ACT or the SAT. Your counselor cannot send scores.
- You must get recommendation letters if your school requires them.
- Send in your transcript
- Pay the application fee
- Some schools still require admission essays

Four Year Admission

Six course units* in language, including

- - four units in English emphasizing grammar, composition, and literature, and
- - two units of a language other than English.

Four course units of mathematics, in any of the following combinations

- - algebra I and II, geometry, and one unit beyond algebra II,
- - algebra I and II, and two units beyond algebra II, or
- - integrated math I, II, and III, and one unit beyond integrated math III. (The fourth unit of math affects applicants to all institutions except the UNC School of the Arts.) It is recommended that prospective students take a mathematics course unit in the 12th grade.

Three course units in science, including

- - at least one unit in a life or biological science (for example, biology),
- - at least one unit in physical science (for example, physical science, chemistry, physics), and
- - at least one laboratory course.

Two course units in social studies, including one unit in U.S. history. An applicant who does not have the unit in U.S. history may be admitted on the condition that at least three semester hours in that subject will be passed by the end of the sophomore year.

UNC School System

2.5 cumulative weighted GPA

SAT of 880 on new or 800 on old version (verbal and math) or ACT composite of 19

THE UNC School system will be test-optional for the next 2 cycles!—please double check the language of each school you are looking at. Even though they are test optional you may want to still submit a test score as it can lead to scholarship opportunities. However I highly recommend calling the admissions' office to discuss with a representative to make the right choice for you.

Click below for the list of UNC Schools and details about each of them:

<https://www.northcarolina.edu/institutions/>

UNC Promise Schools

- Through NC Promise, the state has significantly reduced **student tuition cost to \$500 per semester** at three UNC System institutions: **Elizabeth City State University**, the **University of North Carolina at Pembroke**, and **Western Carolina University**. The plan has increased educational access, reduced student debt, and grown the state's economy.
 - Newly added is Fayetteville State University this year!
 - <https://www.uncfsu.edu/fsu-admissions/nc-promise>
- Please visit this website for full details:
<https://www.northcarolina.edu/future-students/nc-promise/>

- <https://www.uncp.edu/sites/default/files/2017-11/NC%20Promise%20Brochure%20Electronic.pdf>



Still Unsure?

- Counselors will have individual senior meetings starting mid September.
- We will sit down with every senior and discuss what you are thinking.
- Be honest with yourself and take a few career inventory tests before we meet so we can give you resources. If you don't come prepared to this meeting we cannot be of full assistance to you.
- We go over your GPA and your classes left to get you to graduate. We will give you contact information for whatever pathway you are thinking of going into to help make this process as smooth as possible.

What are Career Inventory Tests?

They are short online tests that give students' pathway ideas based on their likes/interests.

They are not the end all be all but will help guide a student who has no clue what to do.

You can google career inventory tests and multiple free ones will appear.

We recommend going to:

<https://platform.majorclarity.com/>

Commonly Used Terms

CEEB or College Board Code

The College Board assigns a code to every high school in the nation to identify schools. Typically this number is needed when sending test scores.

Cape Fear's code is 341298

Official Transcript

This is a signed and sealed copy of your transcript.

Unofficial Transcript

Printed copy of your transcript

Decision Terms

Early Action / Early Application

A college application sent in time for the “early” deadline, which allows a college to notify a student of an admissions decision earlier than it would for “regular deadline” applicants. This is a **non-binding process** (the student is not obligated to attend upon acceptance).

Early Decision

A college application sent in time for the “early” deadline, which has a commitment attached to it (a **“binding” decision**). The student agrees that he/she will definitely attend the college if accepted and will withdraw all other applications. The college should be the student's first Choice.

Rolling Admissions- there isn't a set deadline for admissions

NC Residency Determination

- We recommend before you start applying anywhere that you complete the RDS process before applying for college admission.
- If you do not complete this you will be charged out-of-state tuition regardless if the school is in North Carolina.
- This process takes about 15-30 minutes. You will receive a RDS number that has to be put onto your application(s). This is the only way to ensure you are charged in-state tuition.

Click this link below to complete this process.

[NC Residency](#)

If you have any issues in completing this process please contact the student number below.

The RDS Call Center Hours are Monday - Thursday 8am-6pm, Friday 8am-5pm Eastern Time.

Toll-free Student Number: 844.319.3640
Local Student Number: 919.835.2290

Transcript Request

If you need a copy of your transcript please follow the prompts below:

For a College in North Carolina:

www.CFNC.org (This will be the quickest way)

**For a College NOT in North Carolina,
Scholarships, or Employment:**

<https://ccsnc.scriborder.com/>

Or you can email your counselor for a unofficial copy at any time throughout the school year.

**If the college you applied to uses Common App, SendEdu, or another transcript service, you do not need to request your transcript through CFNC or Scriborder.*

There are multiple ways to apply to college using various platforms.

Apply directly on the college's website!

If you apply through the college's website we do NOT get notified to send your transcript. Please let your counselor know with at least a two week advance notice you need one sent to that school

or use:

CFNC
COMMON APP
Major Clarity

****Common App and Major Clarity will be merging****

Recommendation Requests

If you are applying on common app you simply need to enter in the email address of the person you want to write a recommendation letter.

If you are applying through CFNC there typically isn't a recommendation letter request needed.

If you are applying directly on the college's website we do not know. You need to read the application carefully to see if one is needed. If there is one needed you will have to let your recommenders know and how they need to upload it.

Please give your recommenders at least a two week advance notice.

You must fill out a brag sheet for your counselor to complete this request.

Please click the google form below.

<https://docs.google.com/forms/d/10axf-Sj8swlMD15jDqxxJLzes2gsC37KpzKKZhj-R-w/edit?ts=6324a26e>

If you request a last minute recommendation letter it will not be a good letter. Or the recommender may opt out and not write one for you.



SAT

This test is made up of four sections consisting of 154 total questions and a total length of 3 hours. Composite scores range from 400-1600. The SAT was significantly reformatted in March 2016, and while the content is generally more challenging, more time is given per question.

- Reading Comprehension (65 min)
- Writing & Language (35 min)
- Math without calculator (25 min)
- Math with calculator (55 min)

The Reading section typically includes more complex reading passages than the ACT. It asks “best-evidence” question pairs where students must find the sentence(s) in the passage that provide support for their answer to a previous question. While the reading section is longer than the ACT, test-takers have more time per-passage than the ACT.

The Writing & Language section is very similar to the ACT with the majority of the questions focusing on grammar and punctuation. The remaining questions focus on content and vocabulary. With the formatting of the SAT in March 2016, the vocabulary tested is no longer as challenging as it was previously.

The Math section on the SAT requires a deeper understanding of algebra, but the test provides basic formulas. Calculators are only allowed on the second half of the math section, and not all questions are multiple-choice. Because there are two math sections, **math consists of 50% of the total score.**

There is no Science section on the SAT

ACT

This test is made up of four sections consisting of 215 questions and a total length of 2 hours, 55 minutes. Composite scores range from 1-36, with writing scores of 2-12.

- English (45 min)
- Math (60 min)
- Reading (35 min)
- Science (35 min)
- Writing (optional 40 min)

The English section on the ACT is very similar to the Writing & Language section on the SAT. Nearly two-thirds of the questions focus on grammar and punctuation, and the remaining questions focus on content and vocabulary.

The Math section on the ACT requires knowledge of a wide range of math concepts as well as formula memorization. It typically has a higher emphasis on geometry than the SAT, and all questions are multiple-choice. **On the ACT, math is 25% of your score.**

The Reading section is 35 minutes (compared to SAT’s 65 minutes) with the average time per passage about 9 minutes (compared to SAT’s 13 minutes). Passages on the ACT follow a standard subject/topic formula, so it’s possible to have a general idea what to expect in the reading section.

The ACT Science section is a big differentiator between the two tests as the SAT does not have a science section.

Register for SAT

Go to <https://collegereadiness.collegeboard.org/sat>

- Create a personal STUDENT account if you do not have one (parent should not create this account!)
- Click on the yellow “Register Now” link, and follow the instructions all the way through
- All of the testing dates can be found online

FYI: The school does not pay for you to take the SAT during the school year. It is your responsibility to sign up if you are interested in taking this exam.

Register for ACT

Go to <https://act.org/>

- Create a personal STUDENT account if you do not have one (parent should not create this account!)
- Click on “Register for the Test”
 - It’s the blue button in the middle of the page
 - Click it and follow the instructions all the way through
- When you are asked whether you want to take the test “with or without writing,” note that you HAVE to take the writing ONLY if you are not planning to take the SAT.
- You must have a writing score from either the ACT or SAT (the SAT writing is automatically included in the SAT reasoning test).
- A composite score of 19 is the now the national average it used to be 17.

FYI: The school will only pay for you to take it during your junior year during the spring semester. After that it is on you to sign up and retake it if you are not happy with your score.

Sending Scores

As per School Board policy, your SAT and ACT scores are not printed on your high school transcript. Therefore, you must have your official scores sent directly from the College Board or ACT organization to each college to which you are applying.

***Your counselor has nothing to do with sending your test scores, we do not have access to your official scores. Please do not email us to send this as it is your responsibility to do so* Also keep in mind it can take up to 30 business days for colleges to pull in your scores.**

Keep in mind for the next two cycles the UNC school system will remain test-optional.

1. When you originally register for the SAT or ACT, you may request during that process that scores be sent, free of cost, to a maximum of four colleges. If you do this, the scores from that test and all prior tests will automatically be sent to those requested colleges as soon as your scores are available.

2. After you take the test, you may log back into your accounts and follow the instructions for sending test scores to additional colleges, but there will be a cost of approximately \$10.00 per college.

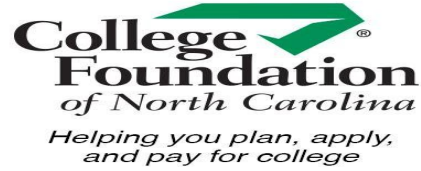
ACT Link to send scores:

<https://www.act.org/content/act/en/products-and-services/the-act/scores/sending-your-scores.htm>

SAT Link to send scores:

<https://satsuite.collegeboard.org/sat/scores/send-scores-to-colleges/sending-scores>

CFNC



College Foundation of North Carolina (CFNC) is a free service of the State of North Carolina provided by a collaboration of Pathways (the N.C. Department of Public Instruction, the N.C. Community College System, the N.C. Independent Colleges and Universities and The University of North Carolina System), the North Carolina State Education Assistance Authority, and College Foundation, Inc.

CFNC promotes access to North Carolina higher education and assists students with education planning, career planning, and applying and paying for college.

All Seniors should create an account if you don't already have one by going to [CFNC.org](https://cfnc.org), especially if you are applying to a college in NC.

Keep up with your username and password!

College Application Month

**Most Applications are
Free Oct 17-21!
List will be shared
October 1st!**

Week 1 Schedule

Week 2 Schedule

Week 3 Schedule

Week 4 Schedule

Some NC College Applications will be free October 17-21!

Major Clarity



We will use Major Clarity throughout the year to help you explore career options, build your resume, explore post-secondary options, and keep track of your applications. **This is where we post all scholarship opportunities!**

Major Clarity is a career exploration platform that links academic learning to post-secondary preparation through a highly personalized, student-driven approach to career planning that reflects the unique strengths, abilities, interests, and long-term goals of each child.

Type this URL in your browser:

platform.majorclarity.com



To Login: Click **“Continue with Google”** then use your school **EMAIL** and **PASSWORD** fields.

Click **Sign in**.

Getting Started

Assessment Information Finish

Welcome to MajorClarity, Kylee!

In order to recommend majors and careers for you to try out, we'll first ask you to complete a short, 5 minute personality test. Sound good?

Take the test

(Every Student has an account already provided by CCS)

Common App

Apply to college for the first time. Navigate your entire college application journey with Common App. Explore over 900 institutions across the country.

[COMMONAPP.ORG](https://commonapp.org)

Common App Resources:
What is the Common App?



Financial Aid

Free Application for Federal Student Aid (FAFSA)

Step 1: Create a FSAid at [Fsaid.gov](https://fsaid.gov)

Step 2: Beginning October 1st, complete the FAFSA at [Fasfa.ed.gov](https://fasfa.ed.gov) for financial aid.

* Beware of institutions priority* If you apply by the priority deadline you are guaranteed to receive some financial aid.

If you do not feel comfortable completing this on your own you can schedule an appointment with FTCC. FTCC also hosts multiple drive through events please keep an eye out as we advertise these once we get the information.

You must bring the following items to your appointment so they will complete it on the spot for you.

- ID's for you and your parent/guardians
- Social Security Cards
- 2021 Tax Documents from your parent/guardians and your tax documents if you have a job.

<https://www.cfnc.org/pay-for-college/fafsa-assistance/>

Scholarships

We post new scholarships weekly on majorclarity. Any scholarships we know about will be posted there.

Please make sure you are aware of the deadlines as they are firm and we cannot accept any late entries.

Keep in mind all scholarships on majorclarity are opened to all Cumberland County students so please make sure you get your application in early.

Most scholarships are online only but some are paper only which we always have copies available if needed

Websites to find scholarships:

- While the terms grants and scholarships are often used interchangeably, there is usually a difference between the two.
 - Most grants tend to be need-based and are usually awarded based on you or your family's financial situation.
 - Most scholarships tend to be merit-based and are usually awarded based on academic or athletic abilities.
 - Some organizations will offer scholarships that are need-based, so check the requirements of each scholarship and grant during the application process
- ★ Pro Tip: Applying for scholarships is a lot like applying to college. The application process can include many of the same tasks. Make sure to keep essays, letters of recommendation, transcripts, and other important information handy.

Google is your best friend as there are thousands of scholarships available. Here are a few websites known for posting and updating scholarships daily:

<https://www.fastweb.com/>

<https://www.niche.com/colleges/scholarships/>

<https://www.cfnc.org/pay-for-college/scholarship-search/>

Loans

There are 4 different types of loans. This should be your last resort and all loans you borrow must be repaid!

- **Direct Subsidized Loans** - these are for eligible undergraduate students who demonstrate a financial need to help cover their college costs.
- **Direct Unsubsidized Loans** - these are for eligible undergraduate, graduate and professional students. Financial need does not affect eligibility for this loan.
- **Direct PLUS Loans** - these are for graduate students, professional students and parents of undergraduate students. Eligibility is not based on the financial need of the borrower for this loan but a credit check is required.
- **Direct Consolidation Loans** - these loans allow a student loan holder to combine all their student loans into a single consolidated loan with a single service provider.

To apply for Federal Direct Loans simply fill out the FAFSA form. Based on those results, your college will send you a financial aid offer which may include a federal direct loan. If you accept the loan, there are requirements to meet in order to receive those funds.

- Entrance Counseling - an online entrance counseling session must be completed. This session is usually completed in 20-30 minutes.
- Master Promissory Note - this is a legal document stating the terms and conditions of the loan. It is also a promise to repay the loan and any fees and interest it accrues.

There are forgivable loans out there which you do not have to pay back. For further information please visit:

<https://www.cfnc.org/pay-for-college/student-loans/>

<https://www.cfnc.org/pay-for-college/nc-assist-loans/>

*please read your award letters carefully!

Helpful Tips

- Beware of deadlines-write down every school you are looking into what their deadlines are to keep you organized so you do not get overwhelmed.
- Keep track of everything you need for each college you are applying to and check it off once you know you uploaded/submitted it.
- Everything on that checklist is due by the deadline. Please do not wait until the night before their deadline to apply as it will not be counted as complete until all documents are received.

- Please allow schools 5-40 business days to pull the documents in on their end.
- If you know we have sent in your transcript/rec letter and you still get a email saying the school does not have it you need to call them not us.
- Always check your student email account as we send vital information out
- It is your responsibility to send your own test scores, your counselor cannot help you with this as we dont have copies of your scores. Log into your ACT/SAT portal to make sure you still have them.

Organization

I would recommend to keep from being overwhelmed you keep a folder/binder/notebook in a safe place that only contains information for the colleges you are going to apply too.

First Section

Make sure any account you make you write down your username and password.

-Major Clarity -ACT/SAT.org
-CFNC -CommonApp -RDS.org

Second Section

Key Dates-when is the deadline for each school you are applying for. Then ensure to write down each date you submitted something to ensure it all gets there before the deadline

Third Section

You can make a FAFSA ID/Pin but cannot completed the FAFSA until Oct 1st
Write down offers/scholarships you apply for and received and ensure your counselor gets a copy of your scholarships/financial aid award letters that you earn along with all of your acceptance letters. We want to celebrate with you!

Feel free to use the template below to make it a smooth process:

-<https://docs.google.com/document/d/1-Pc1Rwl4SwQpxr9wX8YjhU0M0KW-ZQo5/edit>

RECAP

1. Do your research!
2. Pick out at least 5 schools you are interested in applying too. (Take a tour if possible)
3. Decide what platform you want to use (CFNC or CommonApp/MajorClarity)
4. Get organized- write all deadlines, materials, ect down that are needed for each school. Please keep up with this as you work on each application. Make sure to write the dates when you submit documentations/applications.
5. Don't forget to do your FAFSA starting October 1st- please start gathering documents
6. Always keep an eye out for scholarship opportunities through the institution you are looking at attending. Incoming freshman have the most opportunities.

