WELCOME TO OUR SENIOR PARENT/GUARDIAN MEETING!



Senior Class Sponsor

Ms. Beasley

CAHS Counseling Office Staff

- **Amy Byrd**, School Counselor – Students Last Names A-D
- **Jason Brown**, School Counselor – Students Last Names E-K
- **Becky Worth**, School Counselor – Students Last Names L-R
- **Melissa Poole**, School Counselor – Students Last Names S-Z
- **Sherry Strong** – Counseling Office Secretary and School Registrar

Counselors do not sign students up, so you will need to go to the website.

ACT

The ACT college readiness assessment is a curriculum and standards based educational and career planning tool that assesses students' academic readiness for college. The ACT uses the same score scales as ACT Explore and ACT Plan, making the system an effective tool to monitor academic progress and student growth.

If you qualify for Free and Reduced Lunches, you receive two ACT Fee Waivers. One is allotted your junior year and a second is allotted your senior year. If you did not use your first waiver last year, you may use both this year. You can pick-up these forms in the counseling office. Please allow one school day before the ACT Test Deadline to pick-up the form to ensure you have ample time to register.

To register: www.actstudent.org
Make sure you pay attention to information on the website and any emails you receive. There may be date or location change..
*Listen to the announcements for some ACT Prep Workshops in and out of CAHS.
Free ACT Prep can be found at www.academy.act.org.

SAT

The Scholastic Aptitude Test (SAT) is a college entrance exam required by some colleges and scholarship progra measures verbal and math abilities developed over many years. Some colleges also require subject-specific testi the form of the SAT II test. SAT registration forms and references to determine averages or minimum scores for admittance to specific colleges are available in the Counseling Office.

If you qualify for Free and Reduced Lunches, contact your counselor about an SAT fee waiver.

To register: sat.collegeboard.org
Make sure you pay attention to information on the website and any emails you receive. There may be date or location changes.
*SAT Prep can be found on Kahn Academy's website.

Free & Reduced Lunch Waivers

- If a student qualifies for free/reduced lunches, he/she may benefit from ACT/SAT test fee waivers, college application fee waivers, reduced cost for AP tests, and more.
- Paperwork MUST be filled out EVERY year and was included in what was to be completed online for enrollment.

Seniors will receive a copy when counselors go into English IV classes. They also need a resume.

Letter of Recommendation Information Sheet

You may be asked to submit a letter of recommendation from a counselor, teacher, or administrator with your college application or with scholarship applications. To better equip them to write the best letter for you, they need information from you. Please complete this form carefully and think before you write. Since the letter of recommendation is a necessary and crucial part of your application, you need to respond honestly and thoughtfully to the items below. Provide many specific details and give your out-of-school activities ample attention. Don't be shy...BRAG on yourself©! Make sure to allow at least 5 school days for the letter to be returned to you. The further out from the deadline, the better to ensure you receive your letter in time to submit to the organization or school needing the recommendation.

Name *(First, Middle, & Last)* _____

Current Grade Level_____ Counselor_____

Name of Scholarship, Job, etc. Applying for_____

Scholarship Deadline._____College Scholarship is connected with (if applicable)_____

What extra-curricular and out-of-school activities have you been involved in during high school and to what extent were you involved (leadership roles, activities, etc.)?_____

_____

_____

_____

_____

List 3 adjectives that describe you: 1)_____ 2)_____ 3)_____

What is at least one of your strengths?_____

_____

What are your plans for the future? (major, work, career tech, military, etc.) _____

_____

What is at least one thing you have learned about yourself during your time at CAHS?_____

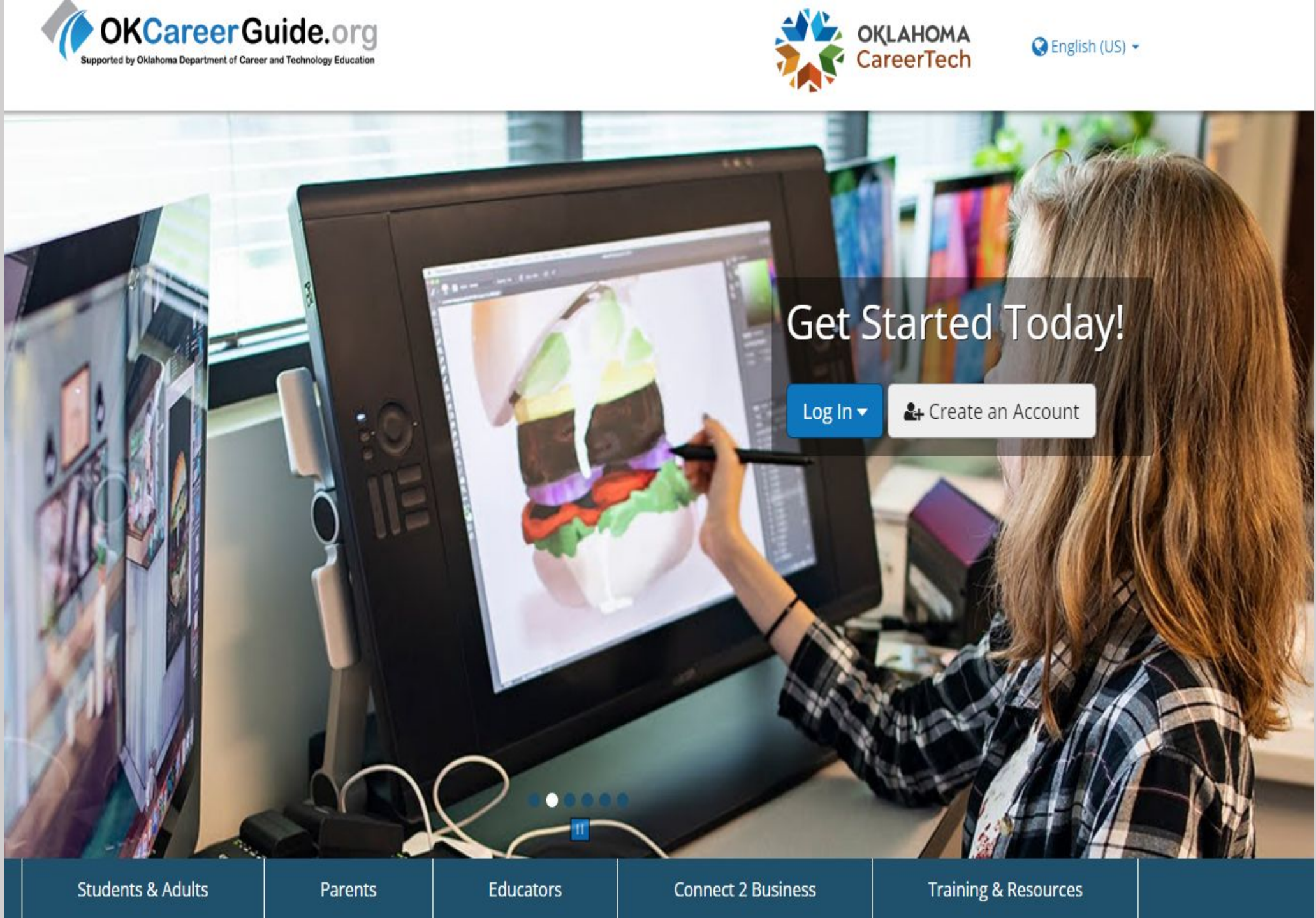
_____

_____

What else should be known about you? (life experiences, reactions to elections you lost or games you didn't win, reasons for a weak grade, honors you have been given, family situations, reasons you may have to work which may affect your school work, special talents, etc. - anything that may make you stand out}

_____

ICAP


OKCareerGuide.org
Supported by Oklahoma Department of Career and Technology Education
OKLAHOMA CareerTech
English (US)
Get Started Today!
Log In
Create an Account
Students & Adults
Parents
Educators
Connect 2 Business
Training & Resources

Senior Interviews in September

- Counselors will speak with every senior through Government classes, or if in concurrent Government or MDVA, counselors will make contact.
- Discussion will include completion of graduation requirements, career planning, and post high school planning.
- If you as a parent have questions, send them with your senior.

A Few Important Dates

September 15 - District NCAA Information Night
September 16 - College fair hosted by Rose State
September 24 - MDVA ICAP and senior interviews in library beginning at 4:00 (also parent-teacher conference night)
October 6 - Financial aid information meeting beginning at 6:00 PM
October 12 - Jostens presentation to seniors for cap & gown ordering
October 23 - Senior Conference hosted by Rose State College
November 2-6 - College and Career Week (college apps in English 4 classes)
November 3 - ASVAB test (watch for sign up information)
November 6 - CAHS's mini college and career fair during both lunches

1. College Fair with a BUNCH of colleges, scholarship groups, tribe representatives, and more – **September 16.** Information about how to sign up will come out closer to the date.

2. Ticket to Rose Scholarship – When students complete the application to be admitted to Rose, they have completed the Ticket to Rose application. (must fill out application for admittance and FAFSA; must have a 2.5 GPA)

1. Will need to request for test scores to be put on transcript

2. Must set up a Parchment account

3. Final transcripts are sent after graduation; seniors will request them in April & May

Transcript Information

ACT/SAT on Transcripts

Your junior SAT scores will be put on your transcript You **must request** to put additional SAT and/or ACT scores on your transcript. Scan the blue QR code outside the Counseling Office or the one in this handbook to create a Parchment account to request transcripts to be sent. **We will not put additional scores on your transcript without your request.**

Final Transcripts to the College/Career Tech of Your Choice

These 8-semester transcripts can only be sent after graduation. If you are going to play a Division I or Division II sport, you must also sign up to have your final transcript sent to NCAA. If playing at an NAIA school, you will also need to send a transcript. To request for your final transcript to be sent, you will update your Parchment account by the middle of May with your final transcript requests.

QR Code to Request Transcripts

How Seniors Can Request to See Their School Counselor

1. Go to the student's Canvas
2. Click on Counselor of Record
3. Click on the link to request an appointment
4. Fill out the Google form
5. Counselors check requests several times a day and will call the student in as soon as they can.



- Free Application for Student Aid – 99% of colleges & tech centers will require completion of this in order to receive scholarships from them.
- Opens October 1
- CAHS will host a FAFSA/Ticket to Rose/Scholarship/Financial Aid information night on **October 6**. Please put this date on your calendar.

Applying to Colleges/Career Techs

- Research!
- Pay attention to deadlines.
- Visit campuses – 2 excused absences for seniors to visit a college or career tech or meet w/a military recruiter; must turn in a form with a signature from someone at the institution to get the unexcused absence change to excused
- CA's College App Week – November 2-6; we will be in English IV classes one day that week to assist with college applications
- Applications to career tech schools can be done in the spring semester.

COMMUNICATION WITH SENIORS

- IT IS IMPERATIVE THAT YOU PAY ATTENTION TO CANVAS ANNOUNCEMENTS!
- Students need to check school email at least once a week and also must use their school email when communicating with a school staff member.
- Counselors will make this presentation in senior English classes next week. For those students who are taking English concurrently, MDVA, or at an alternative site, counselors will make contact with them through senior interviews with the information.

Oklahoma’s Promise Scholarship

Effective **July 1, 2025, House Bill 1727** expands the popular Oklahoma’s Promise scholarship program to help more families.

1. **Extended Application Deadline**
   Students can now apply by Dec. 31 of their senior year. However, we still recommend signing up early to ensure all program requirements are met before graduation.

2. **Increased Income Eligibility for Educators’ Children**
   Children of Oklahoma public school teachers (with at least 10 years of certified service in the classroom) now qualify under a higher income limit.

Our team is working diligently to fully interpret the legislation and update our systems. We expect to launch the **new application this fall**, along with an FAQ detailing eligibility.

OKLAHOMA’S PROMISE®
OKLAHOMA HIGHER LEARNING ACCESS PROGRAM

1. Please visit the Oklahoma Promise website to read about high school course requirements.
2. Apply by Dec 31, 2026

www.okpromise.org

APPLY ONLINE TODAY!

WWW.OKPROMISE.ORG

HIGH SCHOOL REQUIREMENTS

- Graduate from an Oklahoma high school or homeschool education program.
- Take the courses required for college admission (listed at the right) and achieve at least a 2.50 cumulative GPA in those courses.
- Achieve at least a 2.50 cumulative GPA for all courses in grades 9-12.
- Attend school regularly and do your homework.
- Stay away from drugs and alcohol.
- Don't commit criminal or delinquent acts.
- Provide information when requested.
- Meet with a school official to go over your school work and records on a regular basis.
- Apply for other financial aid during your senior year of high school.
- Take part in Oklahoma's Promise activities that will prepare you for college.

If you don't qualify for this program, see your counselor for information about additional scholarships, grants and student loans, and visit Oklahoma higher education's college planning website at **www.OKcollegestart.org**.

COLLEGE REQUIREMENTS

- Prior to receiving any program benefit in college, the federal adjusted gross income (AGI) of the student's parents may not exceed $100,000. Each year in college, Oklahoma's Promise students will be required to complete a Free Application for Federal Student Aid (FAFSA), which will be used to determine whether the federal AGI exceeds $100,000. For any year the AGI exceeds $100,000, the student will not be eligible to receive the program benefit.
- You must be an Oklahoma resident.
- You must be a U.S. citizen or lawfully present in the United States.
- You must meet regular admission standards for first-time entering students at the college or university to which you apply.
- You must start taking college courses within three years after you graduate high school.*
- You may not use the award for noncredit remedial courses.
- You may not receive awards for more than five consecutive years after enrolling in college.*
- You may not use the award for courses taken after you complete your bachelor's degree requirements.
- You may not receive award payments for more than 129 semester credit hours unless your degree program requires more hours.
- You must meet the college's Satisfactory Academic Progress (SAP) policy requirements for eligibility to receive federal financial aid.
- An Oklahoma's Promise college student who is suspended for more than one semester for conduct reasons will lose the scholarship permanently.

** Students on active military duty may be eligible for certain waivers of these requirements.*

OKLAHOMA'S PROMISE

REQUIRED COURSES**

4 English
(grammar, composition, literature; should include an integrated writing component)

3 Lab Science
(biology, chemistry, physics or any lab science certified by the school district; general science with or without a lab may not be used to meet this requirement)

3 Mathematics
(from Algebra I, Algebra II, geometry, trigonometry, math analysis, pre calculus, statistics and probability [must have completed geometry and Algebra II], calculus, Advanced Placement [AP] statistics)

3 History and Citizenship Skills
(including 1 unit of American history and 2 additional units from the subjects of history, economics, geography, government, non-Western culture)

2 Additional Units
of subjects previously listed or selected from: computer science, foreign language, or any Advanced Placement course, psychology, sociology or any concurrent liberal arts and science course at a state system institution

15 TOTAL REQUIRED UNITS

**Homeschool students or students graduating from a high school not accredited by the Oklahoma State Board of Education must also achieve a composite score of 22 or higher on the ACT test reported on an official test report issued by ACT (including superscores). ACT on-campus (residual) test scores do not qualify.

OCCF.ORG

Scholarship application opens October 1.
A representative from OCCF will be at our financial aid night on October 6.



NCAA/NAIA
Collegiate Athletics

- MUST register to participate in sports in college
- Keep ID# handy to give to college coaches
- If attended a high school besides CAHS, will need to make sure that school sends your transcript
- Will need to send ACT or SAT test scores if needed from personal account
- IF CA COUNSELOR HAS NOT BEEN MADE AWARE OF WANTING TO PLAY COLLEGIATE ATHLETICS, SHE/HE NEEDS TO KNOW NOW!

Have a plan!


Planning for Your Career
(Options After High School)
How will you reach your goal?
1
2
4
+
or more
ONE-YEAR
certificate programs
TWO-YEAR
associate degrees or
technical programs
FOUR-YEAR
bachelor's degrees
MORE
graduate and
professional degrees
Be prepared for your future!
OKCareerGuide.org
careertech