

# **Table of Contents**

Plan for College and Career Readiness (PCCR)2	2
Counseling Contact Information2	<u>)</u>
LHS Graduation Requirements	}
4 Year Plan4	
Extra-Curricular Activities6	)
Testing7	,
Utah Colleges and Universities	8
Paying for College9	)
NCAA1	LO
Make-Up & Acceleration Credit Options1	.0
Important Dates1	.1
Notes1	12
2018- Add a page of how to check grad, requiremen	ıts

# Plan for College and Career Readiness (PCCR)

### **Start Early**

Academic planning
Extracurricular involvement
Volunteering
Researching schools and careers
Financial Planning

### **Carefully Select Course Work**

Take college prep classes- advanced, honors and rigorous courses
Prepare for the ACT
Earn College Credit- AP and Concurrent Enrollment Internship/Work programs
Vocational/Technical training

### **Make Yourself Easy to Recommend**

Be involved in extracurricular activities, service, leadership, clubs, etc.

# ---PLAN, PREPARE, AND PARTICIPATE! ---

# **WMS Counseling Department:**

Counseling Office: 801-610-8767

Ms. Larsen (A-Co) deannelarsen@alpinedistrict.org

Mr. Mallett (Cr-Hi) bmallett@alpinedistrict.org

Mr. Davis (Ho-Me) tylerdavis@alpinedistrict.org

Ms. Powel (Mi-Sa) <a href="mailto:lpowell@alpinedistrict.org">lpowell@alpinedistrict.org</a>

Mr. Rawson (Sc-Z) <u>rrawson@ alpinedistrict.org</u>

Mrs. Makin-Registrar imakin@ alpinedistrict.org

Mrs. Kitchen- Secretary <u>askitchen@alpinedistrict.org</u>

\*Si tiene preguntas y es más fácil hablar español, el Señor Davis habla español también.

## **LHS Graduation Requirements**

Students must earn 28 credits to graduate

### 3.0 Credits English (E)

- 1.0 English 9
- 1.0 English 10
- 1.0 English 11

### 1.0 Credit Language Arts (LAC)

Any other English class, Debate, journalism, or 3<sup>rd</sup> year of a Foreign Language

#### 2.0 Science Credits (SC) (must be 2 different areas)

Taken from the following core areas:

Earth Systems (9th grade only), Biology, Physics, or Chemistry

### 1.0 Credit Applied/Advanced Science (ASD)

Another core science or applied science course

### 2.0 Credits Math Core (EM/AM)

- 1.0 Elementary Math
- 1.0 Advanced Math

### 1.0 Applied/Advanced Math (AMC)

Another core math or applied math course

### 2.0 Credits Physical and Health Education

- .5 PE Skills 9th grade
- .5 PE Fitness 10<sup>th</sup> grade
- .5 PE Lifetime Activities
- .5 Health

### 1.5 Credits Fine Arts (A)

Art, Music, Drama, Dance

### 3.0 Credits Social Studies (SS)

- .5 World Geography 9th grade
- .5 World Civilizations 9<sup>th</sup> grade
- 1.0 US History 10<sup>th</sup> grade
- .5 Government & Citizenship 11th grade
- .5 Social Studies

### 1.0 Credit Career Technology Education (CTE)

- .5 Computer Technology (CT)
- .5 Financial Literacy (FIN)

#### 9.5 Electives

Your graduation status is viewable in Skyward under "Graduation Requirements"

\*If you fail any class during 9<sup>th</sup>-12<sup>th</sup> grade, you will need to make up that credit. Please talk to your counselor and see page 10 for options.

# **Wolverine 4 Year Plan**

9 <sup>th</sup> Grade	10 <sup>th</sup> Grade
English 9	English 10
Math:	Math:
Science:	Science:
World Geography & Civilizations	US History
.5 PE Skills	*.5 Fitness
*.5 Computer Technology	*.5 Health
	*.5 Drivers Ed.

# **English Elective options:**

English 12
Level 3 of a Foreign Language
AP English Literature
Debate (only .5 credit class)
Creative Writing (.5 credit class)
Other Elective English classes

### **Computer Tech:**

Students may also take
Computer Technology II or
Exploring Computer Sciences
for CT credit.

\*Indicates the recommended grade level for taking the class. These classes can be taken at different grade levels. Please see a counselor before deciding to postpone a class.

#### Math Progression:

#### 1. Path 1

9<sup>th</sup>: Secondary 1 10<sup>th</sup>: Secondary 2

11<sup>th</sup>: Secondary 3

12<sup>th</sup>: Precalculus or AP Statistics

#### 2. Path 2

9th: Secondary 1 Honors 10<sup>th</sup>: Secondary 2 Honors 11<sup>th</sup>: Secondary 3 Honors 12<sup>th</sup>: AP Calculous or AP Statistics

#### 3. Accelerated Path

9<sup>th</sup>: Secondary 2 Honors 10<sup>th</sup>: Secondary 3 Honors 11<sup>th</sup>: AP Calculus or Calculus

12<sup>th</sup>: AP Statistics

## Wolverine 4 Year Plan Cont.

11 <sup>th</sup> Grade	12 <sup>th</sup> Grade
English 11	English Elective:
Math:	
Elective Science:	
*.5 Social Studies Elective	
*.5 Elective PE	
.5 Financial Literacy (11 <sup>th</sup> or 12 <sup>th</sup> )	
.5 Citizen & Government (11th or 12th)	

#### Science:

Must choose at least 2 classes from the 4 Core Science Classes

- Earth Systems (only taught at WMS)
- 2. Biology or Biology Ag (taught at LHS and WMS)
- 3. Physics (only taught at LHS)
- 4. Chemistry (only taught at LHS)

#### Elective Science

- 1. You can choose from the other two areas of the core you have not taken
- You can choose from the Science elective list LHS provides each year. Some examples are: Zoology, Geology, Astronomy, Medical Anatomy, Green House, etc.

### Other classes to consider:

Foreign Language Band Orchestra Choir Dance

Seminary Latinos in Action

Other Electives you plan on taking

#### WILLOWCREEK EXTRACURRICULAR ACTIVITIES

Choir Basketball

**Dance Company** 

Drama

Intramurals

Jazz Band

Journalism: "Willowcreek Voice"

Musical Theatre

**National Junior Honors Society** 

Orchestra

Peer Leaders

**Peer Tutors** 

**Stage Crew** 

Student Council

Symphonic Band

Track

Wind Symphony

**WMS Singers** 

Yearbook

Math Club











#### POPULAR HIGH SCHOOL EXTRACURRICULAR ACTIVITIES

Art Club

Band

Basketball

Baseball

Cheerleading

Chess Club

Choirs

**Cross Country** 

**Dance Company** 

**DECA** 

**FBLA** 

FCCLA

FFA

Football

French Club

Golf

HOSA

Lehi Kenpo Club

Model UN

Mock Trial

Musical Theatre

**National Honors Society** 

Orchestra

Pioneer Players Club

Pionettes Drill Team

Recycling

Rodeo

SAVE

Science Skills USA

Snow Riders Club

Soccer

Softball

**Sports Marketing** 

Stock Market

STU Crew

**Student Government** 

Swimming

**Technology Student Association** 

Tennis

Track

Volleyball

Wrestling

Yearbook Staff

### **Testing**

**AP Test:** Advanced Placement Tests are given after completing and advanced placement course. A student may receive college credit if they receive an acceptable score.

www.apstudent.collegeboard.org/home

**ACT Test:** The American Collegiate Test is a college entrance exam used as part of the admissions process. It is recommended to take the ACT 2-3 times. Your highest score is submitted for admission and scholarship awards

The optimal time to take the ACT is in the spring of your junior year. Make sure to check the ACT and LHS websites for the test dates and deadlines. <a href="https://www.actstudent.org">www.actstudent.org</a>

**SAT Test:** The Scholastic Aptitude Test is a standardized test for most college admissions in the United States. The SAT is intended to test a student's readiness for college. <a href="www.Sat.collegeboard.org">www.Sat.collegeboard.org</a>

**ACT vs. SAT:** Choosing whether you should take the ACT or the SAT depends on your college choice.

**ASVAB:** The Armed Services Vocational Aptitude Battery is test for juniors and/or seniors. The ASVAB explores interest, skills, and work related values. <a href="https://www.military.com/join-armed-forces/asvab">www.military.com/join-armed-forces/asvab</a>

**Explore Test:** ACT prep test that tells you things you need to know to plan your high school courses, prepare for the ACT, or choose a career. This test is taken in 8<sup>th</sup> or 9<sup>th</sup> grade. <u>www.act.or/explorestudent</u>

**PLAN Test:** The Plan test is taken in 10<sup>th</sup> grade and is a great way to prepare for the ACT. <u>www.act.or/planstudent</u>

**Accuplacer:** A test 10<sup>th</sup> graders must take to enroll in Concurrent Enrollment classes. Assesses reading, writing, math, and computer skills. The Explore test score can count in place of the Accuplacer

\*Many ACT practice tests and websites can be found on the LHS counseling website: <a href="https://www.lehicounseling.weebly.com">www.lehicounseling.weebly.com</a>

# **Utah Colleges and Universities**

Brigham Young University	Dixie State University
Provo, Utah	St. George, Utah
Website: <u>www.byu.edu</u>	Website: <u>www.dixie.edu</u>
Phone: 801-422-4636	Phone: 435-652-7590
LDS Business College	Mountainland Technology
Salt Lake City, Utah	College
Website: <u>www.ldsbc.edu</u>	Website: <u>www.mtec.edu</u>
Phone: 801-524-8100	Phone: 801-863-6282
Salt Lake Community College	Snow College
Salt Lake County, Utah	Ephraim, Utah
Website: www.slcc.edu	Website: <u>www.snow.edu</u>
Phone: 801-957-4111	Phone: 435-283-7000 or
Southern Utah University	University of Utah
Cedar City, Utah	Salt Lake City, Utah
Website: <u>www.suu.edu</u>	Website: <u>www.utah.edu</u>
Phone: 435-586-7700	Phone: 801-581-7200 or
Utah College of Applied	Utah State University
Technology	Logan, Utah
8 Campuses across Utah	Website: <u>www.usu.edu</u>
Website: www.ucat.org	Phone: 435-797-1000
Phone: 801-863-6282	
Utah State University Eastern	Utah Valley University
Price, Utah	Orem, Utah
Website: www.eastern.usu.edu	Website: <u>www.uvu.edu</u>
Phone: 435-637-2120	Phone: 801-863-INFO
Weber State University	Westminster College
Ogden, Utah	Salt Lake City, Utah
Website: <u>www.weber.edu</u>	Website:
Phone: 801-626-6000	www.westminstercollege.edu
	Phone: 800-748-4753

<sup>\*</sup>To see how college credit transfers from school to school use this website: www.transferutah.org

# Paying for college

#### **Scholarship Information:**

Scholarships are a type of financial assistance that are awarded based on merit, talent, achievement, financial need, service or other unique criteria.

#### **Utah Board of Regents Scholarship:**

The Regents' Scholarship encourages Utah high school students to prepare for college academically and financially by taking a core course of study and saving for college. The scholarship may be used at any public college or university in the Utah System of Higher Education. For more information see: www.stepuputah.com

#### **New Century Scholarship:**

This scholarship encourages students to accelerate their education by earning an Associate degree in high school. It is important to use the following website as a resource for the most up-to-date information: <a href="https://www.stepuputah.com">www.stepuputah.com</a>

### Tips for finding scholarships

- Start early. There are scholarships you can apply for even as a 9<sup>th</sup> grader.
- Look often. Scholarships will not just appear. You have to look, check back, search, and apply to several.
- Know it will take a lot of time, but will be worth it in the end.
- Find a way to keep track of scholarships you can and want to apply for
- Create a "junk email address". Most scholarship websites will ask your for your email, then send you all kinds of info and a lot of it. If you have an email devoted just to scholarships, then all that info will be in one place.
- Get more tips on the LHS website: <u>www.lhs.alpineschools.org</u>

### **Scholarship Search Sites:**

LHS Counseling Site: www.lhs.alpineschools.org

Utah Futures: www.utahfutures.org

Zinch: <u>www.zinch.com</u>

Financial Aid: www.fafsa.ed.gov

Chegg Scholarships: www.chegg.com/scholarships#

The College Board: <u>bigfuture.collegeboard.org/college-search</u>

Cappex: www.cappex.com/scholarships/

Fastweb: www.fastweb.com

FAFSA 4caster: www.fafsa.ed.gove/FAFSA

### **NCAA**

If you are planning to participate in Division I or Division II athletics, you must be cleared by the NCAA eligibility center. For clearance you must take **16 core classes** and have your ACT score sent to the NCAA. Registration should be done by the 4<sup>th</sup> quarter of your junior year. For more information go to <u>www.eliqibilitycenter.org</u>

### Division I 16 Core Courses

- 4 years of English
- 3 years of Mathematics
- 2 years of natural/physical science (1 year of lab if offered by high school)
- 1 year of additional English, mathematics, or natural/physical science
- 2 years of social science
- 4 years of additional courses: from any area above, foreign language or comparative religion/philosophy

#### **Credit Make-up and Acceleration Options**

Before signing up for any credit make-up or acceleration options, *please see your counselor* to ensure the credits you are taking will apply to the credits you need for graduation.

# **Alpine School District Extended Year (Summer School)**

Two blocks of classroom instruction 3-weeks each 3 Classes per block (\$25 per class) <a href="https://www.alpineschools.org">www.alpineschools.org</a> (see extended year) For information, please see your counselor

# **East Shore High School**

Online packets through Alpine. 2 packets per .25 credits Cost: \$110 to enroll, \$10 per packet http://www.eastshorehs.com/

### **BYU Independent Study**

Independent study packets: online and hard copy Courses are worth .5 credits <u>www.elearn.byu.edu</u>

### Other online opportunities

Please talk to your counselor before signing up for any online program

### **Important Dates:**

December 21-Jan 2: Christmas Break

March 21, 6:00pm: Lehi High School 9th Grade Student/Parent

Night. Pick up registration materials here

March 27, 3:30pm: Lehi 10<sup>th</sup> Grade Online Registration

April 2-6: Spring Break

May 31: Last day of school

June: Extended School Year first block, dates TBD

June-July: Extend School Year second block, dates TBD



# **NOTES:**