

8-9th Grade College Information Night Agenda

I. Welcome

- Introductions/ Staff
- Professional experience (both college counseling and college admissions)
- 1 of 4 sequential CC/Admissions presentations at grade level (Mandatory)
- Maneuver from college counseling to college admissions content
- Dedicated college counselor
- Access and meetings

II. Carrollwood Day School is one of 15 Cum Laude Society/ IB schools in the United States. ...How does this help?

- Cum Laude Society definition
- How unique is this (numbers)?
- Cum Laude Society/ IB combination is rare
- School Profile and how is it used by college admissions counselors
- Access to college counselors and meetings

III. GPA and Quick Starts

- Slow starts can be a challenge to overcome.
- 6 semesters is your “college” GPA
- Law of compounding averages

IV. Best Curriculum Path to Follow

- 4 years of sequential and progressive credit in the 5 core academic disciplines
- IB will take care of this...most challenging standardized curriculum in the US.
- No academic “gapping” through 4 years of secondary school...seamless transitions

V. Extracurricular Achievement that Supports an Admissions Decision

- Longitudinal participation and mastery of achievement over 4 years
- 3-5 involvement should do it
- Jack of all trades, master of none no longer valuable

VI. Testing Timeline (9th-10th)

- PSAT (9th and 10th grade)
- Pre-ACT (9th and 10th grade)

VII. How Do We Strategically Position your Son/Daughter for College Admission?

- Monitor degree of rigor, GPA, trend line, ranking, and grade distribution over 4 years.
- Workshops, evening presentations, college coffees, and dedicated meeting time
- College assessment beginning in 9th grade
- Testing advice, timeline, formal preparation, and number of times to take.
- College Counseling class...help with filling out applications and writing essays
- Advocate and support when application is submitted
- We visit lots of colleges and meet with directors of admission
- Application strategy
- Financial aid application assistance and scholarship identification

VIII. Carrollwood Day School Success Points in College Admission

- IB/ Cum Laude Society secondary school
- SAT current average: 1277 (an increase of over 90 points since 2017)
- Increase in top 50 university admissions (Dartmouth College, Cornell University-2, University of Virginia -5, Northwestern University, University of Southern California, Georgetown University, Emory University, Tulane University, NYU, University of North Carolina- Chapel Hill, Colgate University, RPI, Wake Forest University, Lehigh University, Bucknell University, Kenyon College, and Middlebury College.)
- 100% accepted to a 4-year college
- Percent accepted to at least one Phi Beta Kappa School (2019): 97%
- Number of Division I, II, III scholar-athletes (2017-2020)=
- Percent of those who earned an unsolicited merit based scholarship in 2019 I (93% for a total of \$14,300,000)
- Acceptance rate to University of Florida (2016-2020): 66%
- Acceptance rate to Florida State University (2016-2020): 72%

XI. Wrap Up

- Schedule your appointments with your college counselor (9th grade parents/student)
- We are not scheduling meetings for 8th grade parents/students until next year, BUT feel free to come in if you have immediate questions to be answered specific to your needs.

To Schedule:

Mr. Runge (please schedule through Ms. Danielle Cohen/ dcohen@carrollwooddayschool.org)

Mrs. Bickoff (dbickoff@carrollwooddayschool.org)

Mr. Guarino (dguarino@carrollwooddayschool.org)

College Counseling Timeline **Dates are subject to change**

9th Grade

- Grade level evening meeting for all 9th grade parents and students to discuss chronologically appropriate college counseling content, trends, and timelines. • Each student is assigned a college counselor
- Each student (and at least one parent) will have a sixty minute meeting with their respective college counselor in the spring of their freshman year to discuss grades, testing, potential colleges, interest inventory, financial aid or merit scholarship needs, extracurricular activities, testing analysis/interpretation, and expectations based on family priorities.
- PSAT and Pre-ACT testing in October
- Open door policy. Students and parents are free to drop in or schedule a meeting any time they sense a need.
- Access to Case Studies program and Directors of Admission panel presentations.

September

- College Counseling Coffee
- BAIS college fair

October

- Administration of Pre-ACT and PSAT at CDS
- College Counseling Coffee
- Financial aid night program

November

- College Counseling Coffee

February

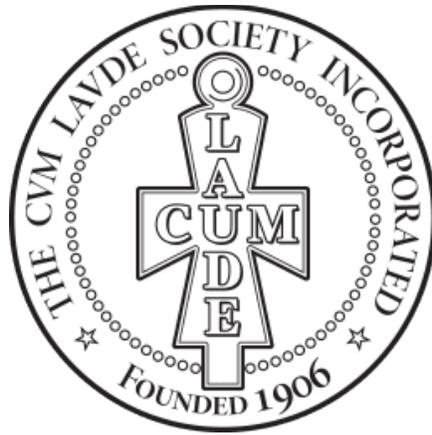
- College Counseling Coffee

March

- College admission case studies program
- Tampa NACAC college fair
- College Counseling Coffee

April

- Grade 9 evening presentation by college counseling
Begin individual meetings with students and parents/guardians in college counseling (completed by the last day of school)
- College Counseling Coffee



Carrollwood Day School Inducted into the Cum Laude Society

Carrollwood Day School has earned membership in the Cum Laude Society (translation: "With Honor"), which is the secondary equivalent of Phi Beta Kappa for colleges. Earning membership in the Cum Laude Society is the ultimate hallmark of academic excellence for a secondary school. Of the approximate 27,000 secondary schools in the United States (independent, public, charter), only 382 since 1906 have achieved this distinction. This represents the top 0.014% of all secondary school in the United States. In addition, Carrollwood Day School is only one of only fifteen International Baccalaureate Cum Laude Society schools in the United States. Entrance to the Society is competitive, as only the top 10% of juniors and top 20% of seniors (annually) can earn individual Cum Laude Society membership.

The Cum Laude Society

An association of 382 chapters, approximately two dozen of which are located in public schools and the rest in independent schools in the United States, the Philippines, Puerto Rico, Canada, England, France and Spain. Some 4,000 new student members are inducted annually.

A Brief History

Founded in 1906, the Cum Laude Society is dedicated to honoring scholastic achievement in secondary schools. The founders of the society modeled Cum Laude after Phi Beta Kappa and in the years since its founding, Cum Laude has grown to 382 chapters, approximately two dozen of which are located in public schools and the rest in Independent schools. Membership is predominantly in the United States, but chapters also are located in Canada, England, France, Spain, Puerto Rico and the Philippines.

Grading Scale - Information and scale are also found in CDS Student Handbook.

Interim grades posted in Schoology reflect where the student stands at that point in the quarter and are not grades of records. The first semester grade reflects how a student has performed based on the first semester (and the mid-term exam for grade 12.) The second semester grade is a compilation of how the student performed based upon the second semester and the final exam. All 1B Middle Years Programme (MYP) courses (grades 9 and 10) are weighted 0.5 and all 1B Diploma Programme (DP) courses (grades 11 and 12) are weighted 1.0.

CDS Upper School			Grades 9 - 10	Grades 11-12
Letter Grade	Percent Grade	Unweighted Grade Point	Weighted	1B DP Weighted
	97 - 100	4.3	4.8	5.3
	93 - 96	4.0	4.5	5.0
	90 - 92	3.7	4.2	4.7
	87 - 89	3.3	3.8	4.3
	83 - 86	3.0	3.5	4.0
	80 - 82	2.7	3.2	3.7
	77 - 79	2.3	2.8	3.3
c	73 - 76	2.0	2.5	3.0
c-	70 - 72	1.7	2.2	2.7
	67 - 69	1.3	1.8	2.3
	63 - 66	1.0	1.5	2.0
D_	60 - 62	0.7	1.2	1.7
	59 and below	0.0	0.0	0.0

GPA (Grade Point Average)

The GPA, grade point average, is a number used to measure a student's achievement in school coursework. A student's GPA is a fluid number throughout high school as it changes each semester as new grades are accumulated. GPAs can be calculated based on a variety of different grading scales. Thus, the GPA is one piece of data used in measuring student success and achievement. The focus for students should be to earn the highest grades possible within the most challenging coursework available.

GPAs are calculated on either an unweighted or weighted basis. Letter grades are given a point value based on a grading scale.

A traditional unweighted grading scale designates an A is 4.0, a B is 3.0, a C is 2.0, and a D is 1.0. The unweighted grading scale at Carrollwood Day School assigns points to letter grades while also providing designation for + and — grades. For example, an A+ is 4.3, an A is 4.0, and an A- is 3.7.

Weighted GPAs give additional points or weight to grades earned in rigorous coursework, such as the International Baccalaureate curriculum. At Carrollwood Day School, all 1B MYP courses are given a 0.5 weight. For example, in an 1B MYP course, an A+ is 4.8, and A is 4.5, and an A- is 4.2. All 1B DP courses are given a 1.0 weight. In an 1B DP course, an A+ is 5.3, and A is 5.0, and an A- is 4.7.

GPA Calculation

CDS posts semester grades only. CDS reports on each student's transcript a weighted GPA for each semester and a weighted cumulative GPA for all semesters attempted at CDS. At CDS, grading scale points are listed to 1 decimal point, for example 4.0.

Semester and cumulative GPAs are reported to 2 decimal points, for example 4.35.

To calculate semester GPA:

1. Find the appropriate scale value for each letter grade.
2. Add the points for each course earned that semester.
3. Divide the grade points total by the total number of courses attempted that semester.

To calculate cumulative GPA:

1. Find the semester GPA.
2. Add the semester GPAs.
3. Divide the total of semester GPAs by the total number of semesters attempted.

Example Calculations:

Sample CDS Courses	Letter Grade Earned 1st Semester	Weighted 1B MVP Grade Point
1B MYP Biology 9		3.8
1B MYP Design Comp. Prog. Tech 1		4.5
1B MYP Drama 1	A+	4.8
1B MYP English 9		4.5
1B MYP Intg. Extended Math I		4.8
1B MYP Phys. Ed & Health	A+	4.8
1B MYP Spanish 11 B		4.5
1B MYP World History 9		4.2
TOTALS		35.9
Semester weighted GPA		4.49

To calculate semester GPA:

1. Find the appropriate scale value for each letter grade. SEE CHART
2. Add the points for each course earned that semester. 35.9
3. Divide the grade points total by the total number of courses attempted that semester. 35.9 divided by 8 = 4.4875 4.49

To calculate semester GPA:

Sample CDS Courses	Letter Earned 2 nd Semester	Weighted IB MYP Grade Point
IB MYP Biology 9	A	4.5
IB MYP Design Comp. Prog. Tech 1	A	4.5
IB MYP Drama II	A+	4.8
IB MYP English 9	A+	4.8
IB MYP Intg. Extended Math I	A	4.5
IB MYP Phys. Ed & Health	A+	4.8
IB MYP Spanish II B	A	4.5
IB MYP World History 9	A	4.5
TOTALS		36.9
Semester Weighted GPA		4.61

1. Find the appropriate scale value for each letter grade. SEE CHART
2. Add the points for each course earned that semester. 36.9
3. Divide the grade points total by the total number of courses attempted that semester. 36.9 divided by 8 — 4.6125 4.61

To calculate cumulative GPA:

1. Find the semester GPAs. SEE CHART
2. Add the semester GPAs. 9.10
3. Divide the total of semester GPAs by the total number of semesters attempted.
9.10 divided by 2 4.55

CDS Semesters	Weighted Semester GPA (from above examples)
1 st semester	4.49
2 nd semester	4.61
TOTALS	9.10
Cumulative Weighted GPA	4.55

What is IB?

The *International Baccalaureate Programme* aims to develop students who have excellent breadth and depth of knowledge. IB students are prepared for participation in a rapidly evolving and increasingly global society as they develop intellectually, emotionally, physically and ethically, while acquiring the skills that will prepare them for further education and life in the 21st century.

The International Baccalaureate (IB) Diploma Programme (DP) is recognized and well-respected by the world's leading universities. The IB Programme is viewed by colleges as one of the most rigorous and challenging academic curricula in secondary schools throughout the world. "When DP courses have been compared to equivalent Advanced Placement (AP) or A level courses, DP courses were generally found to be at a higher or equivalent level of rigour than their counterparts."

(www.ibo.org/globalassets/publications/recognition/dp-guide-for-universities-en-2016.pdf) The DP programme is consistent, challenging, and requires refinement of analytical and critical thinking skills, as well as providing outstanding research-based education, and developing both disciplinary and interdisciplinary knowledge and understanding. A variety of studies suggest that the DP core plays an important role in improving student confidence in critical thinking, engaging with research, university-level writing, time management, and the ability to gather, organize and evaluate information. Personal growth, an ethic of service, maturity, open-mindedness, reflection and a better understanding one's place in the world were also cited as important benefits. United States' DP and DP course students were significantly more likely to earn a bachelor's degree within four years than the US national average (79% vs. 39%). These rates were even higher for those who earned the full IB diploma.

The IB Programme is comprised of two levels – MYP (grades 6-10) and DP (grades 11-12)

I. MYP (Grades 9-10 in the Upper School)

All MYP students take 7 to 8 courses in both 9th and 10th grades to include the five core subjects, all at the Honors level. (No non-Honors courses are available.)

1. English
2. Math – Integrated Standard, Extended, Advanced Extended Math, Pre-Calculus
3. Science
 - a. Biology 9
 - b. Chemistry 10
4. Social Science
 - a. World History 9
 - b. US History/Government 10
5. Spanish I, II, III or French I, II, III

And two to three Honors level electives in both grades 9 and 10:

1. Design Technology
 - a. Entrepreneurship – Introductory, Advanced

- b. Computer Programming – Introductory, Advanced
- c. Engineering – Introductory, Advanced
- 2. Fine Arts:
 - a. Theatre
 - i. Drama 9
 - ii. Comprehensive Theatre 10
 - b. Visual Arts
 - i. Visual Arts 2D/3D
 - ii. Photography 10
 - c. Music
 - i. Music
 - ii. Orchestra
 - iii. Jazz Ensemble
- 3. Physical Education/Health

II. DP (Grades 11-12)

In the Diploma Program (DP), we offer several options for IB coursework. Students may choose to be one of the following, each with slightly different requirements:

1. IB Diploma Candidate
2. IB Course Candidate
3. CDS Diploma Candidate

All students in 11th and 12th grades take 6 to 7 courses at the DP or Honors level. All courses other than Theory of Knowledge (TOK) are designed to span two years, assessed with the same level of rigor and are equally weighted.

1. **IB Diploma Candidates** will take:
 - a. 3 courses at the Higher Level (HL - 240 course hours)
 - b. 3 courses at the Standard Level (SL - 150 course hours)
 - c. Theory of Knowledge (TOK) – a two semester course on critical thinking that makes connections across the academic disciplines and explores the nature of knowledge.
 - d. Write a 4,000 word Extended Essay (EE) research paper. The extended essay is an in-depth, externally assessed, independent research project/paper into a topic of the student’s choice. Up to 4,000 words in length, it promotes high-level research and writing skills, intellectual discovery and creativity.
 - e. Complete 18 continuous months of service known as CAS (Creativity, Activity, Service.) CAS involves students in a range of experiential and service learning activities that enhance personal and interpersonal development. CAS encourages engagement in the arts, creative thinking, a healthy lifestyle, and a sense of social responsibility.
 - f. Sit for IB exams in all HL and SL courses during May of Senior year
2. **IB Course Candidates** will take:

- a. Up to 3 courses may be taken at the Higher Level (HL - 240 course hours)
- b. At least 3, up to 6 courses may be taken at the Standard Level (SL - 150 course hours)
- c. Students *may* opt to take Theory of Knowledge
- d. No Extended Essay
- e. Complete a minimum of 100 Service hours (in 9th-12th grades)
- f. Students may sit for IB exams in selected HL and SL courses during May of Senior year

3. **CDS Diploma students** will take (in grades 9-12):

- a. 4 years of English (2 years MYP/Honors *and* 2 years DP or Honors)
- b. 4 years of Math (2 years MYP/Honors *and* 2 years DP or Honors)
- c. 3 to 4 years of Lab Science (2 years MYP/Honors *and* 1 to 2 years DP or Honors)
- d. 3 to 4 years of Social Science (2 years MYP/Honors *and* 1 to 2 years DP or Honors)
- e. 2 to 4 years of a Second Language (2 years MYP/Honors *and* 1 to 2 years DP)
- f. 1 to 4 years of Fine Arts
- g. May opt to take Theory of Knowledge (TOK)
- h. No Extended Essay
- i. 1 to 2 years of Design Technology
- j. 1 to 2 years of PE/Health
- k. Complete a minimum of 100 Service hours (in 9th-12th grades)
- l. *Note:* Not all courses in 11th and 12th grade will be DP courses; some may be DP level with others taken at the Honors level.

Resume Option 1: Category

NAME

Carrollwood Day School
School Code = 102619

Athletics

Varsity Tennis (9-12); Varsity Letter (9-12);

(9) District Winner, Regional Winner

(10) District Winner

(11) District Winner

12 weeks per year / 8 hours per week

Tennis: Year Round (6-12)

52 weeks / 8 hours per week

Varsity Golf (10-12); Founder of the Girls Golf Team; Captain (10-12)

12 weeks per year / 20 hours per week

Varsity Volleyball (9-10); Varsity Letter (9-10); District Winner

14 weeks per year / 25 hours per week

Junior Varsity Volleyball (9-10); Captain (9-10)

12 weeks per year / 25 hours per week

Club Volleyball (9-10)

30 weeks per year / 2 hour practices twice a week

10 tournaments per year; 12 hours per day

Clubs / Activities

National History Day (8-11); Made an individual exhibit about a historical topic of choice relating to a theme.

(11-12) President of Club, guided the other groups to create their projects.

(8): 2nd at States, advanced to Nationals in Washington DC

(9): 1st at County, State Finalist

(10): 1st at County, State Finalist

(11): 2nd at County, 2nd at States, advanced to Nationals in Washington DC

(12): Anticipated

Speech and Debate (10-12); National Speech and Debate Honor Society

Event: Congress

1 Tournament per month / 8 hours per tournament

Spanish La Conexión Club (10); Wrote encouraging messages to younger students, learned about Spanish Culture, volunteered at a local school through the club, taught kids English, helped kids with their homework, and played games.

High School Dance Committee (10-12); Helped pick out decorations, sell tickets, advertise, and set up/clean up dances.

(12) Elected president of Committee, duties are to plan the dance

Student Ambassador (9-12); A tour guide for prospective parents/students around the school. (12) Elected secretary of club, duties are to take notes, attendance, and assist president.

Key Club (10-12); An elected community and service club that supports philanthropic efforts in the Tampa, Florida community.

(12) Elected secretary of club, duties are take notes, attendance, and log pride reports.

Academic Awards/Designations

History Commitment Award (9)

History Excellence Award (11)

Frederick Douglass and Susan B. Anthony University of Rochester Award (11)

Carrollwood Day School Principal Honor Roll (9-11); GPA >= 4.0

National Honor Society (11-12); Top 12% of Junior Class

Mu Alpha Theta (11-12): National Math Honor Society, Selected for a high achievement in math.

Spanish Honors Society (11-12): Elected by foreign language department for excellence on national Spanish exam.

Speech and Debate Honor Society (11-12): Forensics club where the school competes locally and regionally in competitive public speaking.

National History Day (8-11)

Grade 8: 2nd at States, advanced to Nationals in Washington DC

Grade 9: 1st at County, State Finalist

Grade 10: 1st at County, State Finalist

Grade 11: 2nd at County, 2nd at States, advanced to Nationals in Washington DC

Leadership

National Honor Society (12); Vice President

High School Dance Committee (12); President

Spanish Honor Society (12); Public Relations

National History Day (11-12); President of Club

Girls Golf Team (10-12); Captain of Girls Golf Team

Key Club (12); Secretary of Club

Student Ambassador (12); Secretary of Club

Group 4 Project (11); Elected Leader of Group

An IB requirement where groups work together to make a project based off of the yearly theme.

Service/Internships

Dominican Republic Service Trip (11); Taught kids in the Dominican Republic English. My group and I lesson planned each day. We taught Pre- K, 3rd Grade, and 6th Grade students the Alphabet, colors, numbers, animals, body parts, vocabulary words, and grammar. My Spanish improved greatly and I learned about the culture.
6 hours per day / 5 days per week / 30 hours

Tampa General Hospital Summer Teen Program (11-12);
Grade 11: Volunteered in the Short Stay Unit by bringing the patients water and food, helped the nurses get supplies, and stocked the cabinets with supplies. Helped the Hand Hygiene program by writing down if nurses/surgeons used proper sanitation. Delivered mail and scanned papers. Interned in the Neurology unit and Intervention Radiology. I watched a surgeon perform an operation on the neurology floor and an operation through intervention radiology.
90.91 hours in summer

Volunteer at Metropolitan Ministries (9-10); Prepped Food in the Kitchen, Served Food, Washed Dishes, and Organized Clothes in Warehouse
3 hours per day / 2 times per week / 30 hours total

Volunteer at Mort Elementary School through La Conexión Club (10); Taught kids English, helped kids with their homework, played games, and did arts and crafts.
2 hours per week / 4 weeks

Volunteer at Tampa Zoo (10): A one day volunteer program to assist with cleanup and children services. 8 hours/ 1 day

Resume Option 2: Timeline

NAME

Carrollwood Day School

School Code: 102619

9th Grade:

Athletics:

Varsity Soccer (Varsity Letter) (25 hours-week/ 14 weeks-year):

- District Runners-Up
- Nominated “Most Caring”
- Varsity Starter
- 2 goals scored

Academic Achievements:

First Ever Youth Advisory Board at Harvard Graduate School of Education (1 hour-week/ 15 weeks):

- 20 students are selected around the country
- National Press Release
- Making Caring Common Project

CDS Principal’s Award:

- This award is given to one male and one female student in each grade in recognition of his and her academic motivation and perseverance, and who exercise responsibility, demonstrate the value of hard work, strive to fulfill his and her potential, and who make positive contributions to the school community.

Spanish Honors Society (1 hour-week/ 30 weeks-year):

- 93% or above in Spanish Course
- 3.75 unweighted GPA

Student Advisory Board (1 hour-week/ 30 weeks-year):

- Student are nominated by both peers and teachers
- Only freshman ever to be nominated

Arts/Volunteer:

Florida Museum of Photographic Arts (25 hours-week/ 2 weeks-year):

- Input information

Chinmaya Mission Bal Vihar (1 hour-week/30 weeks-year):

- Cleaning up building
- Come early to set up and prepare

CDS Ambassadors (1 hour-week/25 weeks-year):

- Student body leaders
- Ambassadors of the High School
- Volunteer at student-led events

10th Grade:

Athletics:

Varsity Cross Country (Varsity Letter) (25 hours-week/12 weeks-year):

- 1 point from qualifying from regionals
- Farthest a girls team has gone in school history
- Top 3 runner
- Most improved award

Varsity Soccer (Varsity Letter) (25 hours-week/14 weeks-year):

- District Champions
- Passed first round of regionals, farthest a team has gone is school history
- 3 goals scored
- Varsity Starter

Academic Achievements:

Academic Commitment Award in Language Arts:

- Given to the student that displayed both academic commitment and excellence in the given subject

Spanish Honors Society (1 hour-week/ 30 weeks-year):

- 93% or above in Spanish Course
- 3.75 unweighted GPA

Student Advisory Board (1 hour-week/ 30 weeks-year):

- Student are nominated by both peers and teachers
- Only freshman ever to be nominated

First Ever Youth Advisory Board at Harvard Graduate School of Education (1 hour-week/ 15 weeks):

- 20 students are selected around the country
- National Press Release
- Making Caring Common Project

Student Athletic Board (1 hour-week/ 30 weeks-year):

- Nominated by your coach
- Shows commitment in both academics and on the field

Arts/Volunteer:

India Festival (2 hours-week/12 weeks-year):

- Indian dance competition
- “Garba” category
- Garba is a form of dance which originated in the state of Gujarat in India. The name is derived from the Sanskrit term Garbha and Deep.

Chinmaya Mission Bal Vihar (1 hour-week/30 weeks-year):

- Cleaning up building
- Come early to set up and prepare
- Teaching a K and 1st grade class about different morals and values

CDS Ambassadors (1 hour-week/25 weeks-year):

- Student body leaders
- Ambassadors of the High School
- Volunteer at student-led events

Outreach 360 (1 hour-week/10 weeks-year):

- Volunteer meetings before trip to the Dominican Republic
- Writing lesson plans for teaching English to elementary school students
- Researching Dominican culture to become socially and culturally aware during trip

Key Club (1 hour-week/ 10 weeks-year):

- Volunteer with different organizations both in and out of the school to instill the importance of community service

Teens in Action (2 hours-week/15 weeks-year):

- Team building exercises
- Group seminars on the importance of your EQ (emotion quotient)
- Working with Tampa's non-profit organizations
- "Teen Court" – volunteer at the 13th Judicial Court to participate as a member of the jury in minor cases

Dance Committee (1 hour-week/15 weeks-year):

- Organize and coordinate school dances
- Contact caterers, work out budgets, communicate with PTA and administration
- Advertise and sell tickets

Spirit Society (1 hour-week/ 15 weeks-year)

- Increase school spirit and attendance at school events
- Encourage sports teams (create banners)

11th Grade:

Athletics:

Varsity Cross Country (Varsity Letter) (25 hours-week/12 weeks-year):

- Top 5 runner
- Most improved award

Varsity Soccer (Varsity Letter) (25 hours-week/14 weeks-year):

- District Champions

- 1 goal scored
- Varsity Starter

Manager of the First Lacrosse Team (2 hour-week/10 weeks-year):

- Manage the team's social media account
- Keep statistics for all team members
- Officially keep records for referees
- Set and clean up field for home games

Academic Achievements:

Spanish Honors Society (1 hour-week/ 30 weeks-year):

- 93% or above in Spanish Course
- Minimum of 3.75 unweighted GPA

Student Advisory Board (1 hour-week/ 30 weeks-year):

- Student are nominated by both peers and teachers
- Only freshman ever to be nominated

Student Athletic Board (1 hour-week/ 30 weeks-year):

- Nominated by your coach
- Shows commitment in both academics and on the field

Mu Alpha Theta (1 hour-week/15 weeks-year):

- Minimum of 3.0 unweighted math GPA (honors association)
- Volunteer math tutoring

National Honors Society (1 hour-week/20 weeks-year):

- Minimum of 4.3 weighted GPA
- 4 Teacher Recommendations
- Organized 2 blood drives in one year

Arts/Volunteer:

Chinmaya Mission Bal Vihar (1 hour-week/30 weeks-year):

- Cleaning up building
- Come early to set up and prepare
- Teaching a K and 1st grade class about different morals and values

CDS Ambassadors (1 hour-week/25 weeks-year):

- Student body leaders
- Ambassadors of the High School
- Volunteer at student-led events

Outreach 360 (10 hour-week/ 6 weeks-year):

- Volunteer meetings before trip to the Dominican Republic
- Writing lesson plans for teaching English to elementary school students
- Traveling to the Dominican Republic and working in underprivileged schools to teach Pre-K to 6th grade students English

Key Club (1 hour-week/ 10 weeks-year):

- Volunteer with different organizations both in and out of the school to instill the importance of community service
- Club Editor (leadership position)

Social Compliance Law Internship (20 hours-week/ 2 weeks-year):

- Travel to India to work at a law firm that focus on labor laws and social compliance
- Got the certification to perform checks in factories to see if the conditions apply to the labor law codes
- Researched differences between codes in different countries, how import/export laws apply, etc.

Dance Committee (1 hour-week/15 weeks-year):

- Organize and coordinate school dances
- Contact caterers, work out budgets, communicate with PTA and administration
- Advertise and sell tickets

Spirit Society (2 hours-week/ 25 weeks-year):

- Initiate kindness projects
- Organize collaborative events between classrooms and students
- Encourage and support athletic teams and the arts programs
- Increase attendance at school events
- Begin to form a larger social media presence for the society to positively encourage school spirit and the importance of caring
- Club organizer and leader

12th Grade:

Athletics:

Varsity Cross Country (Varsity Letter) (25 hours-week/12 weeks-year):

- Top 5 runner
- Most improved award

Varsity Soccer (Varsity Letter) (25 hours-week/14 weeks-year):

- District Champions
- Varsity Starter
- Team Captain

Manager of the First Lacrosse Team (2 hour-week/10 weeks-year):

- Manage the team's social media account
- Keep statistics for all team members
- Officially keep records for referees
- Set and clean up field for home games

Academic Achievements:

Spanish Honors Society (1 hour-week/ 30 weeks-year):

- 93% or above in Spanish Course
- Minimum of 3.75 unweighted GPA

Student Advisory Board (1 hour-week/ 30 weeks-year):

- Student are nominated by both peers and teachers
- Only freshman ever to be nominated
- Running for Vice President

Student Athletic Board (1 hour-week/ 30 weeks-year):

- Nominated by your coach
- Shows commitment in both academics and on the field
- Running for Vice president

Mu Alpha Theta (1 hour-week/15 weeks-year):

- Minimum of 3.0 unweighted math GPA (honors association)
- Volunteer math tutoring

National Honors Society (1 hour-week/20 weeks-year):

- Minimum of 4.3 weighted GPA
- 4 Teacher Recommendations
- Organized 2 blood drives in one year
- Running for Service Coordinator

Arts/Volunteer:

Chinmaya Mission Bal Vihar (1 hour-week/30 weeks-year):

- Cleaning up building
- Come early to set up and prepare
- Teaching a K and 1st grade class about different morals and values

CDS Ambassadors (1 hour-week/25 weeks-year):

- Student body leaders
- Ambassadors of the High School
- Volunteer at student-led events

Key Club (1 hour-week/ 10 weeks-year):

- Volunteer with different organizations both in and out of the school to instill the importance of community service
- Club Editor (leadership position)

Dance Committee (1 hour-week/15 weeks-year):

- Organize and coordinate school dances

- Contact caterers, work out budgets, communicate with PTA and administration
- Advertise and sell tickets
- Head Chair (Leadership position)

Spirit Society (2 hours-week/ 25 weeks-year):

- Initiate kindness projects
- Organize collaborative events between classrooms and students
- Encourage and support athletic teams and the arts programs
- Increase attendance at school events
- Begin to form a larger social media presence for the society to positively encourage school spirit and the importance of caring
- Club organizer and leader