

Build a Strong Four-Year Plan



EASTSIDE CATHOLIC



Objectives

- Understand Washington State and EC graduation requirements
- Maximizing your high school schedule to help prepare for college
- Tips for creating a successful schedule





PLANNING FOR
COLLEGE STARTS
FRESHMAN
YEAR OF HIGH
SCHOOL



ROADMAP TO COLLEGE

at a glance

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FRESHMAN YEAR

- Take a challenging course load that is appropriate for you
- Refine time management and study skills
- Self-advocate in academic and extracurricular endeavors
- Take the PSAT 8/9
- Meet with your high school counselor
- Attend college information sessions and College Planning Night

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SOPHOMORE YEAR

- Take both practice college entrance exams (PSAT and PreACT)
- Attend fall and spring college fairs
- Participate in extracurricular activities, volunteer or gain work experience
- Register and meet with college reps visiting EC in the fall
- In the spring, determine the official SAT or ACT test to take junior year and create a plan to prepare

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JUNIOR YEAR

- Take the SAT and/or ACT
- Attend college planning nights and info sessions
- Schedule college visits
- Apply yourself in classes
- Attend fall and spring college fairs
- Ask teachers for letters of recommendation in spring
- Consider a summer internship
- Create a list of colleges and universities of interest

SENIOR YEAR

- **Start college applications in August before senior year. Complete by December**
- Stay strong academically
- Take the SAT and/or ACT if needed
- Attend fall college fairs
- Participate in extracurriculars, volunteer or gainwork experience
- Request teacher letters of recommendation by October 1
- Make final college decision by May 1

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WA Credit Requirements

CLASSES	REQUIRED CREDITS		
	Class of 2015	Classes of 2016-2018	Class of 2019 and Beyond
English	3	4	4
Mathematics	3	3	3
Science	2	2	3
Social Studies**	2.5	3	3
Arts	1	1	2
Health and Fitness	2	2	2
Career and Technical Education	1	1	1
Electives	5.5	4	4
World Language or Personalized Pathway Requirement	0	0	2
Total Required Credits	20	20	24 (Up to 2 credits can be waived locally based on a student's unusual circumstances.)



EC Graduation Requirements

- English - 4 years
- Health - .5 years
- Math – 3 years (4 recommended for college)
- PE – 1.5 years
- Religious Studies – 4 years
- Science – 3 years
- Social Studies – 3 years
- Visual or Performing Arts – 2 years
- World Language – 2 years
- 52 credits minimum
- 100 hours of community service



PLANNING WORKSHEET

9 th Grade	10 th Grade	11 th Grade	12 th Grade
English (1 year) Eng 9 <i>or</i> Hon Eng 9	English (1 year) Eng 10 <i>or</i> Hon Eng 10	English (1 year) Eng 11 <i>or</i> AP Eng Lang <i>or</i> AP Eng Lit	English (1 year) AP Eng Lit <i>or</i> AP Eng Lang <i>or</i> Eng 12
Math (1 year) -----	Math (1 year) -----	Math (1 year) -----	Math (1 year) -----
Science (1 year) Conceptual Physics <i>or</i> Hon Conceptual Physics <i>or</i> AP Physics 1	Science (1 year)	Science (1 year)	Science (1 year) <i>or</i> Elective (1 year)
Religion 9 (1 year) World Cultures: Humanity, Revelations and the World	Religion 10 (1 year) The Mission of Jesus	Religion 11 (1 year) Life in Christ <i>or</i> Life in Christ - CML emphasis	Religion 12 (1 year) Int Soc Sci Hum <i>or</i> Intro to Catholic Social Teaching <i>and</i> Religious Studies elective -----
PE/Health (1 year) PE 9 <i>and</i> Health	Elective ----- -----	Elective ----- -----	Elective ----- -----
World Language <i>or</i> Elective ----- -----	Social Studies (1 year) World History <i>or</i> AP World History	Social Studies (1 year) US History <i>or</i> AP US History	Social Studies (1 year) AP Amer Gov <i>or</i> Int Soc Sci Hum <i>or</i> Amer Gov <i>and</i> elective -----
Elective ----- -----	Elective ----- -----	Elective ----- -----	Elective ----- -----

In addition to the subject areas shown in the grid, students are required to take the following courses:

- 2 semesters of PE elective taken any time in grades 10, 11 or 12; (may waive up to 2 semesters upon completion of the PE waiver)
- 2 years of world language (must be earned in the same language)
- 2 years of art (minimum of 1 year of visual and/or performing arts) taken any time during high school



Understanding Your Transcript

SEMESTER 1

<u>GR</u>	<u>YEAR</u>	<u>SUBJECT</u>	<u>LEV</u>	<u>\$1</u>	<u>CRDT</u>	<u>Comments</u>
09	19-20	PE 9		A	1.00	
09	19-20	Eng 9 HON	HON	A	1.00	
09	19-20	AP Phys1	AP	A	1.00	
09	19-20	Span I		A	1.00	
09	19-20	Alg 2 HON	HON	A	1.00	
09	19-20	Wrld Cultr		A	1.00	
09	19-20	ConcChoir		A	1.00	
		AVERAGES		4.00	7.00	



Honors, AP and UWHS Classes

- Honors
- Advanced Placement (AP)
- University of Washington in the High School (UWHS)



Selecting Classes



Homework Time

English 10

Grade level(s): 10
Length/credit: full year/two English credits
Prerequisite(s): none
Other information: this course has summer reading assignments; honors placement is available; honors course has about 1 hour of homework per class period



In this course, 10th grade students will further develop critical reading, effective writing and persuasive argumentation skills. Students will examine a variety of texts and media from multiple cultures around the world and study universal themes. Understanding diversity of “voice,” participating in thoughtful analysis and demonstrating respect for alternate perspectives are expected in this course. Students will also read complex texts, research cultural and historic context, and evaluate authors’ use of stylistic devices to affect reader emotion and understanding. Multiple assignments of informal, semiformal and formal writing with MLA (Modern Language Association) citation of evidence are included in this course.



What Classes Should I take?

- Meet Washington State and EC requirements
- Take the correct level of classes for YOU
- Trends are important - increase course difficulty over the years
- What interests you?
- Are you interested in a UC school?
- Keep it going your senior year!



A Balancing Act

- Choose a few activities and stick to them
- Utilize your summers if needed
- Get organized
- Manage your time
- Take care of yourself!



Academic Rigor or High GPA?

- BOTH
- Focus on your interests



Why Does This Matter?

- College Admission Officers are looking at:
 - Performance
 - Rigor
 - Trend

TABLE 7. PERCENTAGE OF COLLEGES ATTRIBUTING DIFFERENT LEVELS OF IMPORTANCE TO FACTORS IN ADMISSION DECISIONS: FIRST-TIME FRESHMEN, FALL 2016

Factor	N	Considerable Importance	Moderate Importance	Limited Importance	No Importance
Grades in College Prep Courses	216	76.9%	12.5%	9.3%	1.4%
Grades in All Courses	218	77.1	13.8	6.4	2.8
Strength of Curriculum	218	51.8	35.3	7.3	5.5
Admission Test Scores (SAT, ACT)	219	54.3	27.9	13.7	4.1
Essay or Writing Sample	217	18.9	35.9	22.1	23.0
Counselor Recommendation	213	14.6	46.0	25.8	13.6
Student's Demonstrated Interest	212	13.7	25.5	32.1	28.8
Teacher Recommendation	211	10.9	46.4	28.0	14.7
Class Rank	217	9.2	24.0	34.6	32.3
Subject Test Scores (AP, IB)	216	6.9	30.6	30.6	31.9
Portfolio	210	6.2	5.7	27.6	60.5
Extracurricular Activities	214	7.9	36.0	36.9	19.2
SAT II Scores	212	2.4	6.1	21.2	70.3
Interview	213	4.7	17.4	31.9	46.0
State Graduation Exam Scores	210	1.9	7.6	21.9	68.6
Work	211	2.8	15.6	47.4	34.1

SOURCE: NACAC Admission Trends Survey, 2016



Talk to Your College and School Counselor

