



Q1 Junior Visit

Mrs. Klaybor,
Class of 2024

Overview

- Counseling & Social Work
- Graduation Requirements
- Student Athletes
- College Visits
- College/Career Days
- College & Career Planning
- Scholarships
- Military
- Junior Testing

Counseling & Social Work

- Junior student support available at CCHS:
 - Ms. Klaybor, School Counselor Class of 2024
 - Provides academic, personal/social, and career counseling
 - To schedule an appointment with Ms. Klaybor, visit:
<https://klaybor.youcanbook.me/>
 - Ms. Pierson, School Social Worker (Juniors/Seniors)
 - Provides personal/social and mental health counseling
 - To schedule an appointment with Ms. Pierson, visit:
[Ms. Pierson's Appointment Page](#)
- Terrier Care

Counseling & Social Work

WHAT LEVEL OF SUPPORT DO YOU NEED?

1

SCHEDULE AN APPOINTMENT FOR THESE REASONS:

- Scheduling
- Future planning
- Academic concerns
- Friend/relationship issues
- Issues at home
- Mental health & coping skills



2

SIGN IN TO TAKE 10 MINUTES FOR THESE REASONS:

- To self-regulate & self-soothe if you're feeling anxious, overwhelmed, and/or stressed

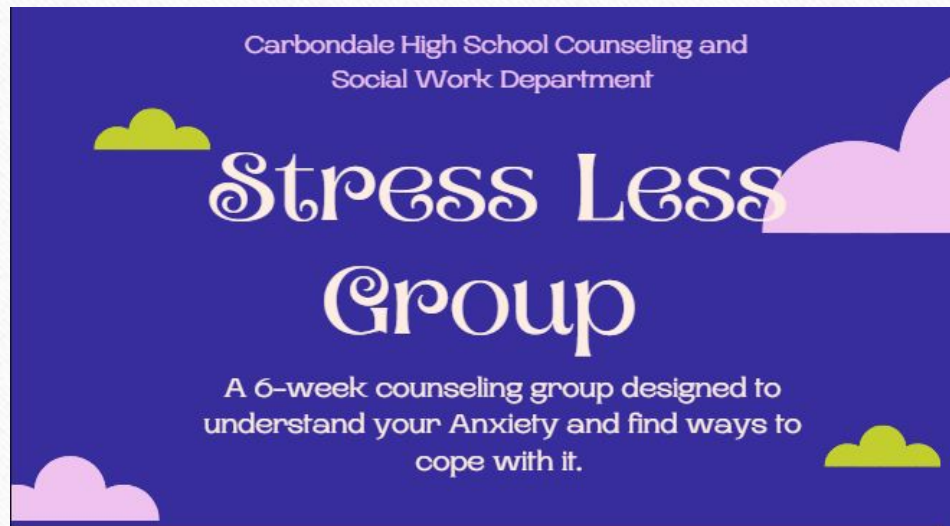
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SIGN IN IF EXPERIENCING A CRISIS FOR THESE REASONS:

- You or someone you know is in danger
 - Suicidal thoughts
 - Threats to hurt another person
 - Violence in a relationship or at home

- What level of support do you need?
 - Schedule appointments in advance for: Non-Immediate Concerns
 - Scheduling, college & career questions, academic concerns, friend/relationship issues, issues at home, or mental health & coping skills.
 - Email or stop in the Counseling & Social Work office for: Semi-Immediate or Urgent Concerns
 - Student conflict, immediate personal and mental health concerns, suicidal thoughts, threats to hurt another person, violence in a relationship or at home, etc.
 - You can email always Ms. Klaybor or Ms. Pierson anytime you have a question or are unsure if it is something that needs to be addressed right away. They can help you decide!

Stress Less Group



Topics will include:

- ★ Can I retrain my brain not to worry so much?
- ★ Identifying and practicing coping skills for maintaining a healthy mindset
- ★ Getting out of the rut of negative thinking to change the way you feel.

Groups will be held during the school day - once per week for 6 weeks. Groups are staggered throughout the day so students will only miss class one time.

All Are Welcome

Contact your school counselor, social worker, or [Sign up here!](#)

Sign up by September 15

Sessions start on Thursday September 22nd



- Click to sign up: [Stress Less Group Registration](#)

Make an Appointment with Ms. Klaybor



CARBONDALE COMMUNITY

HIGH SCHOOL

1301 E. WALNUT STREET
CARBONDALE, IL 62901

PHONE (618) 457-3353

FAX (618) 549-1686

[SCHOOL PROFILE](#)

CCHS ADMINISTRATIVE CENTER

330 SOUTH GIANT CITY ROAD

CARBONDALE, IL 62902

PHONE (618)-457-4722

FAX (618)-457-3353

[Home](#) [Announcements](#) [Students & Parents](#) [Academics](#) [Extra Curriculars](#) [Athletics](#) [Calendar](#) [Administration](#) [Board of Education](#)

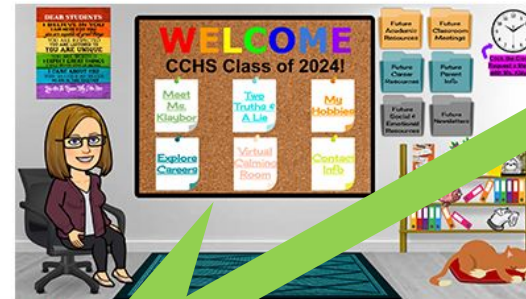
[Return to School Plan](#) [Strategic Plan](#) [Counseling & Social Work](#) [School Resource Officer](#)

Hover over the Counseling & Social Work tab and click “Class of 2024”
on the CCHS Homepage (cchs165.jackson.k12.il.us)

Carbondale Community High School / Counseling & Social Work / Class of 2024

Class of 2024

Caitlin Klaybor - Class of 2024



Please visit [this link](#) for more information!

[Click Here to Make an Appointment with Ms. Klaybor](#)

Click “Click Here to Make an Appointment with Ms. Klaybor”



Caitlin Klaybor--CCHS School Counselor Class of 2024

Select a time below to make an appointment with Mrs. Klaybor. If you have questions or need to speak with Mrs. Klaybor immediately, please call 618-457-3371 ext. 224 or email caitlin.klaybor@cchs165.com

USA/Central

August - September 2022



TODAY

Mon

29

9:40 AM

9:55 AM

10:10 AM

11:10 AM

Tue

30

9:40 AM

9:55 AM

10:10 AM

11:10 AM

Wed

31

9:40 AM

9:55 AM

10:10 AM

11:10 AM

Thu

01

9:40 AM

9:55 AM

10:10 AM

11:10 AM

Fri

02

9:40 AM

9:55 AM

10:10 AM

11:10 AM

Sat

03

9:40 AM

9:55 AM

10:10 AM

11:10 AM

Sun

04

9:40 AM

9:55 AM

10:10 AM

11:10 AM

Select a day and time that works for you.

Please make sure your time is NOT during a core class (English, Math, Science, US History, or Personal Finance/Adult Living)



Caitlin Klaybor--CCHS School Counselor Class of 2024

[← Choose a different time](#)

Confirm Booking

Friday, September 2, 2022

9:55 AM - 10:10 AM

🌐 US/Central

First name (Required)

Last name (Required)

Email (Required)

I need to meet with Ms. Klaybor to discuss:
(Required)

- ☐ Schedule Correction
- ☐ Personal Concern
- ☐ Grade Concern
- ☐ College/Career Planning
- ☐ Course Selection/Transcript Review

OPTIONAL: Share any details of your meeting request here. What you share here helps me prepare for our meeting and might allow me to send you some help or an answer via email as well as during our meeting.

Confirm Booking

This form is protected by reCAPTCHA and the Google [Privacy Policy](#) and [Terms of Service](#) apply.

- Fill in the required information
- Optional to leave a note about your meeting
- If you will need longer than 15 minutes, complete the appointment form and then please email me so that I can adjust your appointment time
- Once form is complete, click “Confirm Booking”

Ms. Klaybor's Class of 2024 Google Classroom

- **I have invited all of you to join**
 - **If you still need to join, class code:** 4sf7ah3
- **I will use this to post:**
 - **Class announcements**
 - **Class presentations**
 - **Forms & Surveys**
 - **Class of 2024 materials**
 - **Scholarships**
 - **Important links**
 - **College & Career Information**
 - **Upcoming events you might be interested in**

CCHS Graduation Requirements

19 Total Credits

English	4 Credits
Math	3 Credits
Science	2 Credits
Social Studies	2 Credits (Including US History and Government & Civics)
Health	.5 Credit
Consumer Ed	.5 Credit (Personal Finance or Adult Living)
World Language, Fine Arts, or CTE	1 Credit (in any of the following: Music, Art, World Language, Business, Family & Consumer Science, Industrial Technology, or Education)
Electives	Remainder of Credits

College Preparatory Recommendation

English	4 Credits
Math	3-4 Credits
Science	3-4 Credits
Social Studies	3-4 Credits
World Language	2-4 Credits of the same language

- Research admission requirements for colleges you are interested in applying for to make sure you meet the minimum requirements
 - Senior year may be too late to fit in a requirement, so be researching now and reach out to Ms. Klaybor with questions
- Junior year is a very important year for grades, colleges will be looking at your academic performance and rigor of your junior year coursework when determining admission. **Continue to apply yourself!**
- When planning your senior year, choose at least 3 or 4 academic courses per semester. Continuing with math, a foreign language, and lab sciences greatly enhances your opportunity for academic success in college
 - Don't go for an easy senior year, colleges are still wanting you to take rigorous coursework and do well in them. Many schools review final grades and may rescind an offer of admission if grades slip senior year

Student Athletes

- Must register with the National Collegiate Athletic Association (NCAA) and/or the National Association for Intercollegiate Athletics (NAIA) to participate in college athletics:
 - www.eligibilitycenter.org for more information and to register for NCAA
 - www.playnaia.org/eligibility-center for more information and to register for the NAIA
- Once you have registered, you can request your transcript be sent to either organization
- You must send test scores directly from ACT/SAT, they will not accept them from CCHS!
- Please see me or your coach for help

College & Career Planning

- We begin postsecondary (after high school) planning during Q2
- If you want to get started before then:
 - SCOIR
 - Finish YouScience Assessment before Q2 (on own)!!
 - Big Future
 - Attend a college/career/military representative visit @ CCHS
 - Go on a college campus visit or job shadow a career you are interested in

BigFuture

- BigFuture is the College Board's college and career exploration and planning tool
 - Career & major exploration
 - Build & strengthen your college list
 - Practice for the SAT
 - Scholarship searches
 - Apply to colleges
 - Learn about how to pay for college
- Great tool to use in addition to SCOIR!

College Visits @ CCHS

- Representatives from various colleges will visit throughout the year
 - Tuesday & Thursday
 - Sign up in SCOIR under “Events & Deadlines”
- Listed in the announcements, weekly email, & Ms. Klaybor’s Class of 2024 Google Classroom
- Sign up in SCOIR under “Events & Deadlines”
- Will get a pass the day of the rep visit with time and location

Scheduled College Visits @ CCHS

- Tuesday, September 13 @1:15p: DePauw University
- Thursday, September 15:
 - @10:15a (Terrier Time): University of Tennessee at Martin
 - @12p: Eastern Illinois University
- Monday, September 19, 1st hour, ALL Jrs: JALC Presentation @ CCHS
- Tuesday, September 20 @1:15p: Greenville University
- Thursday, September 29 @10:15a: SIUC
- Thursday, October 13 @10:15a: St. Louis University
- Tuesday, October 18:
 - @10:50a: Southeast Missouri State University
 - @1:15p: Missouri University of Science & Technology
- Thursday, October 20:
 - @10:15a: SIUC
 - @2:10p: University of Missouri at Columbia
- Tuesday, October 25:
 - @9:20a: Illinois State University
 - @10:50a: SIUE
- Tuesday, November 11 @1:15: University of Alabama at Huntsville
- Thursday, November 17 @2:10p: College of the Ozarks

College/Career Days

- 2 College/Career Days your Junior Year
- Take a day to visit a college or job shadow a career you are interested in (**each day will count as a field trip, not an absence, if you bring back proof of your visit!**)
- Utilize holidays to visit, too
 - 9/16—No School, 10/7—Half Day, 10/10—No School, 11/4—No School, 11/8—No School, 11/11—No School, & Winter Vacation!
- Make these days count—this is an important decision!
- **MUST** be pre-approved in Attendance Office at least a week in advance
 - Pre-Planned Absence Form for College Visit/Career Education Day
 - available in Counseling

College/Career Events

Eastern Illinois University:

Event	Time	Signup Link
Future Panther Tailgate	Saturday, September 10	eiu.edu/tailgate
Honors Visit Day	Saturday, October 1	eiu.edu/myeiu/visit-register.php?id=115
Fall Open Houses	Monday, October 10 & Friday, November 11	eiu.edu/openhouse

Southeast Missouri University:

Show Me Day is our premier Saturday open house! / **Oct. 1 / Nov. 12 / Mar. 25**

Visit Friday is perfect if you can't join us on a Saturday! / **Oct. 21 / Dec. 9 / Mar. 10 / Apr. 21**

Campus Tours are offered Monday through Saturday most weeks!

SIUC

Fall Open Houses: Monday, October 10, 2022 & Saturday, November 5, 2022

Upcoming Field Trips

Sign up in SCOIR!

- Thursday, September 14, 10a-2p: SIU Day Field Trip
 - Campus tour, explore majors & career options, talk with current students & faculty about campus life, & participate in hands on activities
- Thursday, September 22, 9a-2p: SIU Aviation & Automotive Day Field Trip
 - Learn about the Aviation and Automotive Programs at SIUC
- September 27, 10:45a-2:45p: SI Construction Trades Expo
 - Trade Unions: Operating Engineers, Carpenters, Brick Mason, Painter & Plaster, Electrical, Sheet Metal Workers, Iron Workers, Laborers, and Plumbers & Pipefitters
- Monday, October 17, 9a-11a: SEMO College Fair Field Trip (Jr/Sr)
 - Meet with college representatives from 50+ colleges

Scholarships

- Most local scholarships are available senior year, second semester
 - If junior scholarships come available, Ms. Klaybor will share those with you
- College/University scholarship deadlines vary by school, but many applications must be completed as early as November 1 of your senior year
- Trusted Scholarship search engines you can use NOW:
 - fastweb.com
 - salliemae.com
 - scholarships.com
 - goingmerry.com
- Big Future scholarship
 - There are no essay, minimum GPA, test score, or citizenship requirements. It's easy to enter scholarship drawings each month. Simply complete one of the steps before the deadline, and you'll be automatically entered to win \$500 and \$40,000! Students whose families earn less than \$60k a year have extra chances at scholarships because they're eligible two entries each drawing.

Example Freshman Automatic Scholarship

New Freshmen SCHOLARSHIP OPPORTUNITIES



* EFFECTIVE FALL 2023 *

ACADEMIC ACHIEVEMENT SCHOLARSHIPS PER ACADEMIC YEAR

WEIGHTED GPA	4.00 TO 3.80	TRUSTEE 33+ ACT or 1450+ SAT \$10,000	REGENTS 28-32 ACT or 1300-1440 SAT \$8,000	PROVOST \$5,000
	3.79 TO 3.50	\$4,000 CARR		
	3.49 TO 3.30	\$3,000 UNIVERSITY		
	3.29 TO 3.00	\$2,500 DEANS		
	2.99 TO 2.75	\$1,000 OPPORTUNITY		
				

Military

- ASVAB is the military aptitude test
- Get college paid for!
- Great job opportunities and training!
- Get out of Carbondale! See the world!
- Benefits: health insurance, retirement, and college funding
- Signing Bonus
- Military Monday
 - Sign up to meet with a military recruiter in SCOIR

Junior Testing Info

- Every junior will take the SAT at CCHS on April 12, 2023
 - State of Illinois requirement for graduation
 - Free test opportunity
- If you aren't satisfied with your initial score, take the test again in the summer or early fall of your senior year
 - You will elect to do this on your own time and pay the fee
 - Fee waivers are available, see Ms. Klaybor
 - If interested in re-taking the SAT, you will sign up in your College Board account
- In addition, some students may choose to take the ACT as well. This allows you to see which test you performed better on. All colleges will accept ACT and SAT scores.
 - You will elect to do this on your own time and pay the fee
 - Fee waivers are available, see Ms. Klaybor
- Many schools are choosing to remain test optional post pandemic, but test scores can still play a factor in admission decisions and scholarship applications
 - **Test scores = \$\$\$**
 - Research colleges you are interested in to see if they are test optional

PSAT/NMSQT: Oct. 12

- PSAT/NMSQT is optional, but STRONGLY recommended for students planning to attend college
 - Practice SAT Exam
 - Qualifying test for the National Merit Scholarship Program
 - More info about the program in the [PSAT Student Guide](#)
- PSAT/NMSQT sign up information:
 - Test Date: **October 12, 8am-1pm**
 - Sign up: Faculty Secretary's Office: **August 29- September 9**
 - **Cost is \$18** (bring exact change/check payable to CCHS). No late payments accepted
 - Fee waivers available. Please request a fee waiver when registering
- Free practice on College Board/Khan Academy
- [Student Search Service](#)
 - Connects students to colleges, universities, and scholarship programs looking for students like you
 - By participating, you'll give College Board permission to share information like your name, high school, and score range with these organizations
 - Once you've opted in, colleges and scholarship programs can send you information by mail/email

SAT VS. ACT

ACT	SECTIONS	SAT
<ul style="list-style-type: none"> English Math Reading Science Optional Writing Test 		<ul style="list-style-type: none"> Evidence-based Reading and Writing <ul style="list-style-type: none"> Reading Writing and Language Math Optional Essay
<ul style="list-style-type: none"> Composite score: 1-36 Section scores for English, Math, Reading and Science: 1-36 each Writing Test: 2-12 	SCORING	<ul style="list-style-type: none"> Total score: 400-1600 Section scores for Math and Evidence-based Reading and Writing: 200-800 Essay: 2-8
<ul style="list-style-type: none"> 2 hours, 55 minutes (without Writing Test) 3 hours, 35 minutes (with Writing Test) 	LENGTH	<ul style="list-style-type: none"> 3 hours (without essay) 3 hours, 50 minutes (with essay)
<ul style="list-style-type: none"> None 	PENALTY FOR WRONG ANSWERS	<ul style="list-style-type: none"> None
<ul style="list-style-type: none"> Two sections (English, Reading) <ul style="list-style-type: none"> Passage-based grammar—including punctuation Four reading passages in 35 minutes that are drawn from Fiction, Social Sciences, Humanities and Natural Sciences 	READING AND WRITING	<ul style="list-style-type: none"> Two sections (Reading Test, Writing and Language Test) <ul style="list-style-type: none"> No more sentence completions; focus on multiple-meaning words Five reading passages in 65 minutes that are drawn from significant historical or scientific documents—may include informational graphics, such as charts Passage-based grammar—including punctuation
<ul style="list-style-type: none"> One 60-minute section Calculator allowed <ul style="list-style-type: none"> Arithmetic Algebra I & II Geometry Trigonometry 	MATH	<ul style="list-style-type: none"> Two sections totaling 80 minutes Calculators are only allowed on one of the two sections <ul style="list-style-type: none"> Arithmetic Algebra I & II Geometry Trigonometry
<ul style="list-style-type: none"> The Writing Test is optional (40 minutes, timed) Students will need to write about perspectives on an issue relevant to high school students and evaluate and analyze multiple perspectives on that issue; they will be scored on Ideas and analysis, development and support, organization, and language use 	ESSAY	<ul style="list-style-type: none"> The essay is optional (50 minutes, timed) Students will be provided with a substantial passage (600-700 words) and asked to analyze how the author built his or her argument; students will need to understand the techniques the author used to write persuasively

SAT vs. ACT

SAY YES TO THE RIGHT TEST

ACT or SAT—which test is right for you? Here's what you need to know.



What's on the test?

ACT: English, Math, Reading, Science and an optional Writing Test

SAT: Evidence-based Reading and Writing, Math, and an optional essay



How is it scored?

ACT: Composite score of 1-36 (1-36 in each test)

SAT: Total score of 400-1600 (200-800 in each section)



How long is it?

ACT: 2 hours, 55 minutes (without Writing Test)

3 hours, 35 minutes (with Writing Test)

SAT: 3 hours (without essay)

3 hours, 50 minutes (with essay)



Do wrong answers cost points?

ACT: No

SAT: No



Which test is better?

Neither test is harder than the other, so the best test is the one you're most comfortable with. **Try a Free Practice Test** for each—your results will help you figure out what's right for you.



Want all the details?

Check out our complete comparison chart on the reverse side.

SAT Prep

- You can connect your College Board account with Khan Academy for free, personalized SAT prep program
 - Khan Academy provide you with practice recommendations based on how you did on the PSAT
 - Keep practicing--with each additional problem and activity the personalization gets stronger and gets you closer to your goal score on the SAT
- PSAT Student Guides



ACT

- National Test Dates

- Sept. 10
- Oct. 22
- Dec. 10
- Feb. 11
- April 15
- June 10
- July 15

- Sign up: actstudent.org

- Fee waivers are available, see Ms. Klaybor

