

Junior presentation for the class of 2026

Parents and Students

Who are the counselors?

- Jovani O'Grady (A-C) ext. 5204 Jovani.ogrady@cape.k12.de.us
- Shontae Maddox (D-H) ext. 5208 Shontae.Maddox@cape.k12.de.us
- Joel Simon (I-M) ext. 5205 joel.simon@cape.k12.de.us
- Chris Mattioni (N-R) ext. 5209 Christopher.mattioni@cape.k12.de.us
- Carol Warrington (S-Z) ext. 5228 carol.warrington@cape.k12.de.us

Counselors continued

- Garnet Rhue (career) ext. 5216 garnet.rhue@cape.k12.de.us
- Kristin Clifton (college) ext. 5230 Kristin.Clifton@cape.k12.de.us
- Sharon Capodanno (secretary) ext. 5206 Sharon.Capodanno@cape.k12.de.us

Cape Henlopen High School

1250 Kings Highway

Lewes, DE 19958



302-645-7711 High School

302-645-7898 Counseling office phone

302-645-8413 Counseling office fax

School Code: 080080

Find Out What's Happening!

- Our website: Cape Henlopen High School – student services
- Schoology: Students are members of the group Guidance class of 2026
- Our Advisory presentations

Plan ahead for senior year

- *Why do people say Junior year is the most important?*
- We tell Juniors to:

 - Carefully select courses! - ***Do not take it easy senior year!...but be realistic too.***
 - ***Take the classes/activities that lead you to where you want to go.***
 - Take the courses that a college ***recommends.***
- Create a resume, brag sheet, list of activities!
- Visit colleges, take tours, meet admission reps!
- Get involved

Post High School options

- 4-year university
- 2-year community college
- Technical training school
- Vocational program
- Military

Career/Major help



- See Career Counselor for assistance
 - Take the **ASVAB**
- **Major Clarity**
 - Career system
- Many other online systems such as:
 - **Raise.me**
 - Programs through **collegeboard** such as **Big Future**

ASVAB

- Military placement test
- Career Exploration tool
- At CHHS for this year
 - 4 Dates throughout the year (10/10, 12/12, 2/20, 4/10)
- Free
- Sign up with Mrs. Rhue, career counselor

Searching for colleges

- Develop a list of 15-20 colleges that attract you.
- By senior year we recommend 3-5 schools (ok if a few more)
- There are many college search sites. One we recommend is Big Future bigfuture.collegeboard.org

ChromeFileEditViewHistoryBookmarksProfilesTabWindowHelp

CHSD ClassLinkTasks and ReportsCollege Search - BigFuture | C

collegesearch.collegeboard.org/home

AppsManaged Bookmarks

CollegeBoardBigFuture

Sign In

College Search

Search by college name

0

Find the right college for you.

Choose a category to start exploring.

Location

Major

Type

Campus Life

WU rosters.pdf

Show All

Calendar, Mail, Photos, Safari, Chrome, etc.

College visits

- If you haven't visited colleges yet, get started
- Schedule tours of campuses – visit websites to schedule
- If visit is on a school day, complete a form (available in attendance office) and bring a letter from the college or a copy of the confirmation email.
- Of course, try to schedule around our school days off if possible.

College fairs/open houses

- College open houses
 - Delaware Tech Owens Campus Saturday, November 2nd 9am-11:30am
 - Check websites for other schools
- Southern Delaware College Fair

Tuesday, October 22nd - Sussex Central HS— 7:00 pm–9:00 pm

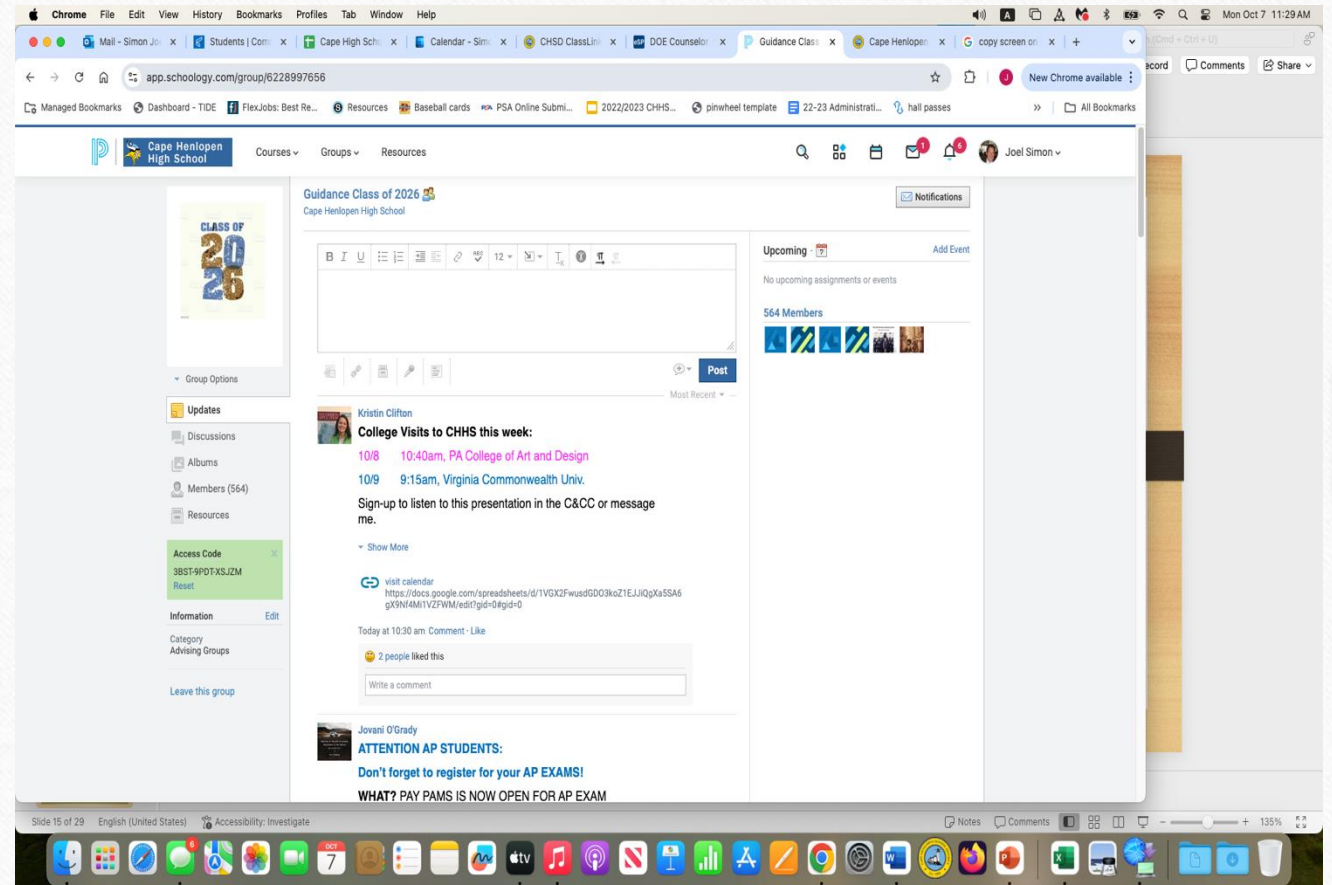
Visits from colleges to CHHS

- College Reps at CHHS

Sign up in College and Career Center – list posted on schoology and promoted through announcements. Information posted near school counseling offices

Resources on Schoology

Login to schoology, go to guidance class of 2026. Look under resources and at anything posted for information



The first part of planning for college is understanding what factors colleges consider when looking at a student profile.

- Primary Factors

- Quality/Rigor of Academic Courses
- Academic Performance (Grades, class rank, upward trend)
- Test Scores (SAT, SAT Subject Tests, AP[®], etc.)



- Additional Factors

- Extracurricular Activities
- Essay(s)
- Letters of Recommendation
- Demonstrated Interest
- Discipline

ROADMAP TO COLLEGE

20 academic credits in grades 9 thru 12, and at least 5 of those units should be during senior year.

Some of your courses should be Honors or AP level.

Final grades should be A's and B's.

Cumulative GPA should be a B+ or higher.

A good record of conduct in the school and community.

Transcript

11/15/2018 of 1

To: Page 1

Student Transcript
 From: Cape Henlopen High School
 1250 Kings Highway
 Lewes, DE 19958
 Ms. Nikki Miller
 (302) 645-7711
 CEEB #: 080080

Student: [REDACTED] Phone: [REDACTED] Student ID: [REDACTED]
 Birth Date: [REDACTED] Grade: 12 Graduation Date: [REDACTED]

Year: 2015-2016 Grade: 09 Year: 2016-2017 Grade: 10
 Building: Cape Henlopen High School Building: Cape Henlopen High School

Course	FG	Credit	Course	FG	Credit
AVID 9	98	1	Academic Enrichment	S	0.25
College Prep English 9	74	1	Adv Alg Int w/Precalc	85	1
CP BIOLOGY	89	1	AVID 10	80	1
CP Civics	70	0.5	CP Physical Science	75	1
CP Geography	73	0.5	CP Enhanced Economics	93	1
Geometry Int w/ Algebra 2	75	1	CP World Literature	82	1
Health Education	90	0.5	Driver Education 1	S	0.25
Intro to Publication	55	0	Medical/Clinical Assistant I	96	1
Physical Education 1	90	0.5	Physical Education 2	90	0.5
Spanish One	73	1	Spanish Two	72	1
GPA: 78.188	Credit: 7.000		GPA: 83.733	Credit: 8.000	

Year: 2017-2018 Grade: 11 Year: 2018-2019 Grade: 12
 Building: Cape Henlopen High School Building: Cape Henlopen High School

Course	FG	Credit	Course	FG	Credit
Adv Functions with Calculus	93	1	AP Statistics		0
Advanced Fitness	96	1	AVID 12		0
AVID 11	98	1	CP British Literature		0
CP American Literature	91	1	Early Career Experience: Thera		0
CP Chemistry	94	1	Early Career Experience: Thera		0
Honors American History	90	1	Honors Marine Science		0
JROTC Leadership Ed & Train 1	96	1	Honors World History		0
Medical/Clinical Assistant II	96	1	Medical/Clinical Assistant III		0
GPA: 94.813	Credit: 8.000		GPA: 0	Credit: .000	

Type	GPA	Rank
Cumulative Weighted GPA	85.617	229 / 357
Weighted 4.0 GPA	2.751	
Total Credit: 23.000		

Grading Scale: A = 93-100 B = 85-92 C = 75-84 D = 70-74 F = 0-69

Signature of Authorized School Official: _____ Date: _____
 Transcript not official unless embossed school seal and authorized signature included.

- 100 point grading scale
- Weighted
- Exact
- CUM GPA (9, 10, 11) at time of college applications
- Class rank based on cumulative weighted GPA

College Ethics

Application process demands integrity

- Accurately report activities and accomplishments
 - Grades 9 -12
- Some colleges require reporting of disciplinary infractions – you have a chance to explain
 - All suspensions (ISS and OSS)
- Be careful with social media presence

PSAT/NMSQT

- With the PSAT/NMSQT
- you can: Access personalized college/career planning and get AP potential feedback
- Get ready for the SAT
- Enter the National Merit Scholarship Program for recognition & scholarships (open to Juniors only!)
- Request information from colleges and universities
- Date/Time: Wednesday, October 23, 2024
- Deadline has passed to register

SAT & ACT

- College Admissions tests
- Both widely accepted at colleges
- Statewide SAT in spring for all Juniors – at school for free...
- Any additional testing dates register at www.collegeboard.org and www.actstudent.org
- Fee waivers available for these additional test dates

School Day SAT

- Every Cape Henlopen 11th grade student will take the SAT that day free of charge at Cape
- Students are automatically registered for this test
- Students will use their ipad at school to take the test

SAT vs. ACT

SAT

- Aptitude Test
- Range 400-1600
- Most common on east and west coasts
- \$68
- offered 7 Saturdays throughout year

ACT

- Achievement Test
- 1-36
- Most common in the midwest and south
- \$69 without writing section

AP Testing

- Possible college credit
- Scores range 1-5 (3-5 passing)
- 19 courses at Cape
- Testing takes place in May
- Teachers will help students register for tests if taking AP
- Cost – \$99 per exam

Paying for college

- FAFSA www.fafsa.ed.gov
 - Opens during senior year (December)
 - Free Application for Federal Student Aid
 - Source of grants, loans, work study opportunity
 - We offer financial aid evenings for seniors and parents. We partner with Stand by Me to assist families.
 - You can check out some online FAFSA resources including calculator features to get an estimate of how much you may qualify for.

Popular Scholarship Options

**DELAWARE
TECH**



Delaware SEED Scholarship at Del Tech

www.dtcc.edu/seed/



Delaware SEED Scholarship at UD A.A.

www.udel.edu/associateinarts/SEED/

Delaware State University INSPIRE Scholarship

www.desu.edu/inspire

Academic Common Market

www.sreb.org

Fastweb

www.fastweb.com

Raise Me

www.raise.me



Big Future Scholarships

- Sign up at <https://bigfuture.collegeboard.org/pay-for-college/bigfuture-scholarships>
- \$500-\$40,000 available per student
- Students follow a "path to college" of 6 key actions
- Start this now if your student hasn't yet

Delaware Student Success

Delaware Student Success <https://scholarships.delawarestudentsuccess.org/>

Delaware Community Foundation delcf.org/scholarships/

Playing Sports in College?

- Athletes need to register with the NCAA Eligibility Center if you want to play Division 1 or 2 (should register ASAP) <https://web3.ncaa.org/ecwr3/>

Your student's counselor can help with any questions