

WELCOME TO THE JUNIOR NEWSLETTER!

I will utilize this newsletter to share information about post-secondary opportunities, extracurricular activities, and school events.

Many of you are beginning to think about what you're going to do after high school. Whether you'd like to start your career, go to college, or join the military, I'm here to help!

I'll send a newsletter each month, and these will continue throughout your senior year.

REGISTRATION NIGHT

We will be holding a Rising 10th – 12th Grade Registration Night on Tuesday, March 25th, from 6:00 to 7:00 PM at Mary Potter.

Come learn about course offerings (GA, VGCC, NCSSM), credit requirements, GPA, and more!

VGCC SUMMER CLASSES

Interested in taking a VGCC course this summer? Registration will begin once we return from Spring Break – look out for an email from me. Use this <u>link</u> to browse available courses (use the "Summer Term" filter).

CHECK OUT OUR WEBSITE!

On the last ACT Prep session, I gave a presentation about what you can do in 11th grade to help prepare for your post-secondary path(s). I've put that presentation on the School Counselor page on the GA website. Please check it out:) The presentation is under "11th Grade Info", but check out the whole page! – https://ga.gcs.k12.nc.us/our-school/gas-academic-advisor-info

ENRICHMENT

Opportunities

You may be wondering what you can do (other than get good grades) during 11th grade to help set yourself up for success on your college/career/military journey. Getting some extracurricular activities and/or volunteer experience under your belt is a great way to help you stand out amongst other candidates!

I have compiled a list of enrichment opportunities on the G.A. website for you all to browse. It is on the School Counselor's page located **HERE**.





WHEN SHOULD I APPLY?

You will apply to colleges in 12th grade. Most students apply between September and January in order to meet application deadlines.

Many colleges have Early Action and Regular Decision deadlines. Early Action deadlines are sooner, but you also get your admission decision sooner!

Google "name of college + admissions deadlines" to get specific dates.

WHERE SHOULD I APPLY?

It's best to do some research before you start applying to schools. Look up which schools offer the major you're interested in and what their admission requirements are.

For <u>UNC System schools</u> (and most 4 year universities anywhere), you must have at least a 2.5 GPA and have passed a math beyond Math 3 (usually Math 4 or Pre-Calc) for them to consider your application (this does not guarantee admission, just consideration). They usually require/prefer two credits of the same world language.

Community colleges generally not have a GPA requirement.

Wondering which North Carolina colleges you may be interested in? Check out **this link!** It has recorded webinars and presentations for every public university in North Carolina.

You can also learn more about NC colleges by using the <u>College Search</u> feature on CFNC. You can learn all about EVERY college in NC (2 and 4 year)! Once you click on a college, click "Admissions" on the left-hand side, then scroll down to "Secondary School GPA". This will show you the average GPA of students who were accepted to that school.

SCHOLARSHIPS & Financial Aid

FAFSA

If you are planning on applying to college (2 or 4 year), plan on completing the **FAFSA** during senior year!

FAFSA stands for **F**ree **A**pplication for **F**ederal **S**tudent **A**id. This application will tell you what financial aid you are eligible for based on your family's income.

Completing the FAFSA should be a TOP PRIORITY for college-bound students. *This is how most students get the majority of their financial aid.* FAFSA can tell you what loans, grants, and scholarships you are eligible for. A loan is borrowed money that you must pay back. Grants and scholarships are gifted money that you do not have to pay back.

You will need your parent(s)/guardian(s) 2024 tax return(s) to complete this application. These are the taxes that are due in April 2025. You can use **this tool** to determine which parent(s)/guardian(s) tax information FAFSA will need. **Do not do FAFSA during 11th grade**, wait until 12th grade. You can plan ahead by making sure you all have access to those documents.

You can see a playlist of videos about FAFSA here.

SCHOLARSHIPS

Scholarships are another way to get financial aid for college. You can apply to scholarships two different ways.

One way is by completing your FAFSA. You'll automatically be considered for institutional and state scholarships, which no additional application required.

The other way is by applying for individual, specific scholarships. I keep a list of some **HERE** and update it throughout the year for seniors. **CFNC** is also a great resource for scholarship listings.



COLLEGE FAIR

Community Colleges, 4-year Colleges and Armed Services Represented

What's Your Plan After Graduation? Start Thinking About Your Future Today!



This is open to ALL GCPS students and families!

TUESDAY

March 11, 2025

4:00 - 7:00 PM

Location:
Granville
County
Convention &
Expo Center



Free Behavioral Health Support for Teens in North Carolina



SOMETHINGS connects teens with anxiety, depression, and suicidal ideation with Certified Peer Specialist Mentors who can support them over text or video call when they need.

How It Works

Speed to Care in Under 2 Days

Teens are matched with a SOMETHINGS Certified Peer Specialist Mentor within 2 days.

Available After School

SOMETHINGS Mentors are available 20 hours per week after school and on the weekends.

Unlimited Support

Teens can talk to their SOMETHINGS Mentor over text or video call as much as they want during online hours.

Why You Should Care

Improve Access & Engagement

Teens can be matched with a Mentor in under 24 hours. eliminate gaps in care.

Support for Teens Leaving Hospitals & ERs

Somethings can support teens leaving acute care centers to prevent readmission and gaps in care.



Free Support for Any Teen in North Carolina

In partnership with the NCDHHS, SOMETHINGS is free for any teen across North Carolina, regardless of their insurance.

Teens or Parents can get started for free at www.somethings.com

Testimonials



Alliance was impressed by Somethings' deep understanding of our population and their passion to improve care and support for youth with behavioral health needs.



We are so grateful for the partnership and excited to bring the partnership between SOMETHINGS and NCDHHS to every teen in North Carolina.

Data From Medicaid Population



4.6/5 average teen satisfaction rating.

55%

The percent of teens who report feeling less anxiety or depression within 2 weeks of starting SOMETHINGS.

11 Days

The average number of days that teens in the SOMETHINGS program talk over text or video call with their Mentor each month.

66 Parent NPS

The average Net Promoter Score from parents with teens in SOMETHINGS.



