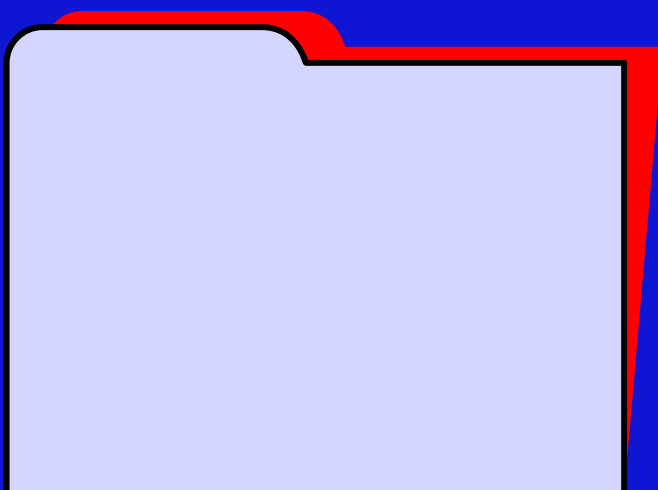
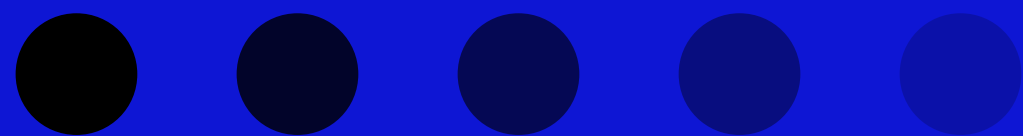


**FOUNTAIN-FORT CARSON
HIGH SCHOOL**

SENIOR YEAR

Your guide to the need-to-know's
and how-to's of senior year.



**900 Jimmy Camp Rd
Fountain, CO 80817
CEEB CODE: 060615**

Table of Contents

- Graduation Requirements
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- Contact Us
- Important Dates

Graduation Requirements



Minimum Requirements for Graduation from FFCHS (.5 Credits = 1 Semester)

College Entrance Requirements differ from High School Graduation Requirements

Language Arts



4 Years of Language Arts
Students must receive credit for each year of grade level language arts.

Math



3 Years of Math

Science



3 Years of Science

Social Studies



3 Years of Social Studies
1 Credit must be United States History
.5 Credit must be Government

Foreign Language



1 Year of Foreign Language

Fine Art



1 Year of Fine Art

Physical Education



1.5 Years of PE
1 Semester of Health

General Electives



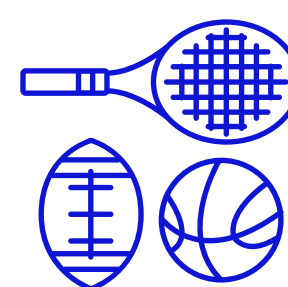
8 Semesters of General Electives
Any class can count as a general elective once other credit needs are met

Academic Electives



6 Semesters of Academic Electives
These can be core classes once you've satisfied other credit requirements (See [Course Catalog](#) for more info)

Waivers



Waivers are given for .5 PE when students have completed 1 season of a sport, marching band, or 1 year of JROTC

Colorado

Higher Education Admission Recommendations

Students planning to attend a four-year college or university in Colorado should complete the following classes in order to fulfill the Higher Education Admission Recommendations (HEAR). HEAR is one factor of many that public four-year institutions consider in the admission decision process. Visit the [CDHE Admission](#) webpage to learn about all admission review factors.

Meeting HEAR does not guarantee admission to a four-year public institution. Additionally, colleges, universities and certain academic programs may have additional admission factors.

The successful completion (grade "C" or better) of a college-level course while in high school will satisfy HEAR for the relevant subject area. For example, if a high school student earns a "C" or higher in ENG 121: English Composition, the English area in HEAR will be considered as satisfied. Note: satisfying HEAR does NOT mean satisfying your high school's graduation requirements - your school district may have additional requirements.

English * 4 Years

Mathematics *4 Years

Natural Science * 3 Years
2 Units MUST be lab based

Social Studies * 3 Years
1 World OR US History

Foreign Language * 1 Year

Academic Electives * 2 Years

*Two units of ESL English may count for HEAR recommendations when combined with two units of successfully completed college preparatory English.

**College-preparatory ESL mathematics/science courses that include content and academic rigor/level comparable to other acceptable courses may satisfy HEAR recommendations.

***American Sign Language (ASL) courses can count toward the Word/Foreign Language recommendation.

****Acceptable Academic Electives include additional courses in English, mathematics, natural/physical sciences and social sciences, foreign languages, art, music, journalism, drama, or computer science.

Important Note: Each state has their own unique higher education requirements. If you plan on attending schools outside of Colorado make sure you look into that schools admission requirements.
Example: Many Schools Require 2-3 Years of a Foreign Language

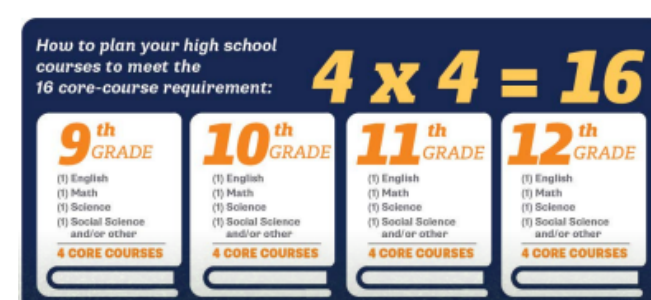
College Athletes

If you want to compete in NCAA sports, you need to register with the NCAA Eligibility Center at [Eligibility Center](#). Plan to register before your freshman year of high school (or year nine of secondary school). Visit on.ncaa.com/Reg Checklist to help guide you through the registration process.

Academic Requirements:

DIVISION I Academic Standards			DIVISION II Academic Standards		
ENGLISH 4 years	MATH (Algebra I or higher) 3 years	NATURAL/ PHYSICAL SCIENCE (Including one year of lab, if offered) 2 years	ENGLISH 3 years	MATH (Algebra I or higher) 2 years	NATURAL/ PHYSICAL SCIENCE (Including one year of lab, if offered) 2 years
ADDITIONAL (English, math or natural/physical science) 1 year	SOCIAL SCIENCE 2 years	ADDITIONAL COURSES (Any area listed to the left, foreign language or comparative religion/philosophy) 4 years	ADDITIONAL (English, math or natural/physical science) 3 years	SOCIAL SCIENCE 2 years	ADDITIONAL COURSES (Any area listed to the left, foreign language or comparative religion/philosophy) 4 years

Complete 10 NCAA core courses, including seven in English, math or natural/physical science, before your seventh semester.



GRADE-POINT AVERAGE

The Eligibility Center calculates your core-course GPA based on the grades you earn in NCAA-approved core courses.

Division I requires a minimum 2.3 core-course GPA.

Division II requires a minimum 2.2 core-course GPA.

DIVISION III Academic Standards

While Division III schools set their own admissions and academic requirements, international student-athletes (first-year enrollees and transfers) who initially enroll full time at a Division III school on or after Aug. 1, 2023, are required to complete an Amateurism-Only Certification account. Contact the Division III school you plan to attend for more information about its academic requirements.

NAIA Academic Standards

National Association of Intercollegiate Athletics Visit <https://play.mynaia.org/> to register for this league.

School ASVAB SIGNUP

SEPTEMBER

30

SPRING TBD



[LINK](#)

MILITARY

BARE BONES BASICS

1

CONTACT A RECRUITER

- Talk to many branches
- Think about your interests and goals
- Determine if you meet requirements

TAKE THE ASVAB

- We will have an ASVAB test twice a year in the fall and spring.
- Your recruiter can also arrange a test.

2

3

TALK THROUGH YOUR OPTIONS

- Talk to Parents
- Talk to Mentors
- Talk to School Counselors

RECRUITER CONTACT INFORMATION

AIR FORCE

TSGT JONATHAN DASILVA
JONATHAN.FLORES_DASILVA@US.AF.MIL
719.648.9958

ARMY

SFC CHRISTOPHER CHRUSCIEL
CHRISTOPHER.S.CHRUSCIEL.MIL@ARMY.MIL
720.483.5059

NAVY

FCA2 CESAR DIAZ
CESAR.O.DIAZ3.MIL@US.NAVY.MIL
719.601.7784

MARINES

SGT JUSTIN HAMILTON
JUSTIN.HAMILTON@MARINES.USMC.MIL
303.929.1275

NATIONAL GUARD

ARMY

SSG DYLAN FRANCIS
DYLAN.L.FRANCIS.MIL@ARMY.MIL
720.584.3699

UNITED STATES

COAST GUARD

PO DANIEL MATES
DANIEL.E.MATES2@USCG.MIL
720.347.7978

RECRUITERS WILL BE AVAILABLE DURING LUNCHES THROUGHOUT THE YEAR

Tips and Tricks to Getting a Job.

Becoming Employed

How to Get a Job 101

001.



Focus on What You Want to Do

The Key is Discipline

Ask yourself what you want to do. What activities and hobbies do you enjoy? What would you enjoy doing every day? What kind of skills and experience do you have? Prior work history in an industry is super attractive to employers.

002.

Perform a Job Search

The Key is Persistence



Easier said than done, right? Networking is the best way to find a new job, so make sure to put yourself out there. Ask your connections if they know about any opportunities. There are also excellent job boards out there like iHire that pull jobs from a wide of variety industries.

003.



Target Your Resume

The Key is Detail

Once you've found places you want to work, make sure your resume fits the job description. Spend some time updating your resume and customizing it for the specific job using keywords and other information found in the posting.

004.

Write a Cover Letter

The Key is Personalization



People who think cover letters are outdated are dead wrong. 75% of employers say a personalized, well-written cover letter improves the odds of getting an interview*. Use this opportunity to list your key strengths and match what the employer needs.

005.



Start Applying

The Key is Outlook

This may sound obvious but once you have your updated resume and cover letter, apply for the job! Don't get discouraged when you have to fill out application forms that ask for information that is already on your resume.

006.

Plan for a Successful Interview

The Key is Preparation



Once you get called for an interview, begin preparing immediately. Make sure to do your homework and research the company thoroughly. Get a friend to help you practice by having them give you a mock interview including commonly asked questions.

007.



Nail the Interview

The Key is Mindset

This can easily be the most stressful step. But walk in confident! Be personable and relatable. Make eye contact throughout. Answer their questions clearly (don't ramble). Use specific examples to show what you have to offer. And don't forget... dress appropriately.

008.

Stand Out by Following Up

The Key is Uniqueness



Send a thank you note to the interviewer. You can send an email or use a more personalized method such as letter/phone/singing telegram (not that last one). Stick out - make sure to talk about topics you discussed in the interview so they know you were actively listening!

Start your job search for free on iHire.com and get even more career advice and job search tips.



*Source: The Washington Post

Resources

Job Corps

Free training, meals, and housing for 10 high demand fields.

Community Resource Directory.

Extensive resource list to support with the transition out of high school into the community.

Pikes Peak Workforce Center

Your one stop shop for help in finding jobs, writing resumes, navigating the interviewing process and so much more.

Apprenticeships

Get paid to learn your trade.

Work Based Learning

Work Based Learning FFCHS

Experiences like internships, job shadows, mentorships, and site visits give students better perspective on the value of academics and its application to the 'real world'.

Career Pathways FFCHS

The High Schools have career and technical education programs to teach students the foundational skills needed in careers in our community.

College/Career
Readiness

Work 4 Credit

Applying To Post-Secondary Education

2 Year vs 4 Year Schools

2-Year- Community colleges offer two year associates programs that can be transferred to 4- year schools. They are a good way to save money

4-Year- Allow you to pursue a bachelors degree. Can be done traditionally on campus or online.

Public vs Private vs For-Profit

Public- Schools that are funded through the state government and tend to be cheaper.

Private Nonprofit- These schools have a larger sticker price but give higher scholarships. These are your big name schools

Private For-Profit- These schools are a business first and school second.

Step 2:

Now that you know what you're looking for it's time to search for schools.

You can favorite schools and create your list. It's important to have multiple options.

[LINK](#)

Step 1:

Understand the different types of schools and what each one will allow you to accomplish.

Technical vs. 2-Year

Technical- This school provides specialized training in specific Industries. Verify you can get needed certifications or licenses in the program.

2-Year- Community colleges can have trade programs but trade programs aren't associate degree programs.

Colorado will pay you to to attend school for in demand fields. [HERE](#)

In-state vs Out-of-state

In-State- These are schools within your state of resident and it greatly reduces the cost of tuition. As a Colorado resident you also qualify for instate tuition at certain out of state schools through [WUE](#). Check-out the list of participating schools.

Out-of-State- If you apply to schools that are outside of your state of residence you will be paying a lot more money. Some schools provide large scholarships to offset this cost to eligible students.

Step 3: You Found the Schools. Now What?

Student

1. Application

- This can be completed through [common app](#) (Students can do multiple school applications - [Click HERE to learn how](#)).
- **Students must connect their SCOIR + Common App Accounts**
- You can also submit individually through your school's website.
- This Includes
 - Personal Information
 - Extracurriculars
 - Summer Activities
 - **Essay**
 - Disciplinary Infractions
 - Application Fee

2. Standardized Test Scores

- Some Schools are test optional and you can choose to send your scores.
- If you need to send a test score including AP tests you will need to request it through your personal account
 - [Send SAT Scores](#)
 - [Send ACT Scores](#)

3. Transcripts

- Students must utilize SCOIR throughout the college application process.
- By adding schools to the applied column in SCOIR this notifies your school counselor that documents need to be sent to your school.
- Documents can't be sent if schools have not be added to SCOIR appropriately.
- If you are applying to colleges through their webpage and NOT Common App, then click [HERE](#) for detailed instructions about utilizing SCOIR.
- **Official transcripts are ordered through FFCHS Counseling Center Website. Click [HERE](#) for the link.**
- **If you took a Dual Enrollment class, you must request transcripts using the direction links below.**
 - [CU Succeed Official Transcript Directions](#)
 - [CSU-Pueblo Transcript Directions](#)
 - [Pikes Peak State College Transcript Directions](#)
 - [Community College of Denver Transcript Directions](#)

4. Requesting Letters of Recommendation

All letters of recommendation must be managed through SCOIR. Students will log into their SCOIR Account, go to My Colleges, then click on DOCS to invite teachers to upload letters of recommendation. Only one recommendation per teacher can be assigned to multiple colleges. Have a conversation with your recommender prior to requesting and request in advance of deadlines. To receive a counselor recommendation you must complete the Counselor LOR Form. The link is included below.

For detailed instructions click [HERE](#).

Teacher

Teachers write letters of recommendation and can help review essays.

LORs must be requested through SCOIR. Talk to your teachers first.

[Teacher LOR](#)

[Brag Sheet](#)

Parent/ Guardian

Parents or Guardians who claim their student as a dependent must create and fill out FAFSA in order for their student to be eligible for financial aid.

We will host a FAFSA night this fall so be on the look out for our emails.

School Counselor

Counselors monitor SCOIR, answer questions throughout the process, and write LORs when requested

You need to have a conversation with your counselor and fill out a Brag Sheet to get an LOR from a counselor.

[Counselor LOR](#)

[Brag Sheet](#)

Getting Started with Scoir + Common App™

Your school is using the Common App integration in Scoir this year! 🚀 While it won't be turned on until the first week of September, here's how you can prepare until then and when the integration goes live.

How It Works

We're not building the full Common App application experience *into* Scoir, and you'll still need to set up a Common App account to complete and submit your applications. Once the integration is turned on, you'll connect your accounts, and your Common App activity will sync with your My Colleges list in Scoir.

Throughout the experience, there are certain actions you'll need to take in Common App, and others you'll complete in Scoir. Here's a look at what actions you can take now, and what to expect in September when the integration is turned on.

What You Can Do Now

Where

<input type="radio"/> Create an account and begin completing your My Common Application. Add your high school in the Education section (which is how Common App will recognize you as a Scoir student)	Common App
<input type="radio"/> Add colleges to your list that you intend to apply, indicate which round, and apply when you're ready—this will be reflected in Scoir's My Colleges in September!	Common App
<input type="radio"/> Complete your FERPA Release Authorization, make Fee Waiver requests, and complete your portion of Early Decision Agreements in Common App for those colleges you're applying via Common App.	Common App
<input type="radio"/> If allowed, request teacher recommendations. You can only assign one recommendation per teacher across all of your Common App colleges. This limitation only applies to Common App schools. <i>NEW! One change you'll notice is once recommendations are complete, you'll need to assign them to colleges. Today, you'll assign recommendations to colleges you're choosing another application method for, and in September, you'll assign for Common App colleges. To keep things easy, we recommend asking for general recommendations when possible since they can be assigned to multiple colleges.</i>	Scoir
<input type="radio"/> Continue building your My Colleges lists in Scoir, indicate colleges you're applying to using other application methods, and keep it as up to date as possible! We'll also support marking colleges as Applying when Common App is the application method, but we'll limit the information provided and prompt when it's necessary to take actions in Common App.	Scoir

Coming in September 🚀

Once the Common App integration is live in Scoir the first week of September, here's a look at actions you'll take and what you'll see in your Scoir account.

1. You'll connect your Scoir & Common App accounts via your Scoir profile
2. Your Common App activity will sync with your My Colleges list in Scoir
3. You'll assign completed teacher recommendations in Scoir for Common App schools. Prior to the integration being turned on, you'll only assign these for colleges your applying to via other application methods

If you have any questions in the meantime, please contact your counselor. Stay tuned for additional resources as we near September!

1 Go To Clever

2 Click SCOIR

3 Create Common App Account.

Add FFCHS under Personal Information section.

Add a minimum of one college.

Select the one preferred Admissions Plan: Early Decision, Early Action, Regular Decision, or Rolling.

Complete the FERPA Release/Waiver in the Common App. & SCOIR

4 Students can also view which college representatives are visiting FFCHS by logging into SCOIR and viewing Upcoming Events on the main dashboard's right sidebar.

CSU - Pueblo Direct Admissions Program

Colorado State University Pueblo (CSUP) has partnered with Fountain District 8 to offer a direct admissions program, meaning students who have a 2.3 or higher cumulative GPA will get direct admitted. Interested students then complete the "EZ form" to complete their admission, which lets the university know their program of interest. Students planning to attend CSUP can complete the Foundation Scholarship application by March 1 and then complete the Academic Survey in the spring. Students who want to be directly admitted to CSUP should complete the Opt-In Form using the link below.

[Colorado State University Pueblo - Direct Admissions Opt-In Form Link](#)

Financial Aid 101

Grants

Money you don't need to repay awarded by the university, federal or state government. Determined through completion of your FAFSA.

Scholarships

Money that does not need to be paid back and is awarded by various entities through an application. Most scholarships are very competitive.

Understanding the Offer

[Understanding Your Aid Offer](#)

[Financial Aid Award Comparison Tool](#)

[Compare Multiple Offers Worksheet](#)

FAFSA + COF + CSS Profile

FAFSA- Filled out by you and parents/guardians. Must be done to receive a financial aid package.

CSS Profile- FAFSA for private schools.

COF- Free money for Colorado residents attending colorado schools

GI + VA Benefits

GI Bill- Tuition benefit given individuals who served in the US military. This may be transferred by the service member to their children.

VA Benefits- There are tuition benefits provided to disabled benefits and their dependents.

Loans

Federal Loans- These are received by completing the FAFSA. Typically lower interest rates and better terms.

Private Loans- These can be used to supplement if federal loans don't cover tuition but it is not recommended.

Scholarships/Senior Timeline

Scholarship Types

Academic- These are based around GPA, Test Scores, and Rigor of coursework.

Athletic- Awarded by schools for athletic ability and agreement to play for that school.

Special Interest- These are scholarships based around unique interests or abilities.

Situational- These are based around factors typically outside of a student's control such as financial need.

Institutional Scholarships

These scholarships are only available to students who are attending that institution. Typically once you enroll at a school you are allowed to apply.

ROTC Scholarships

These are competitive full-ride scholarships tied to military service upon completion of your degree.

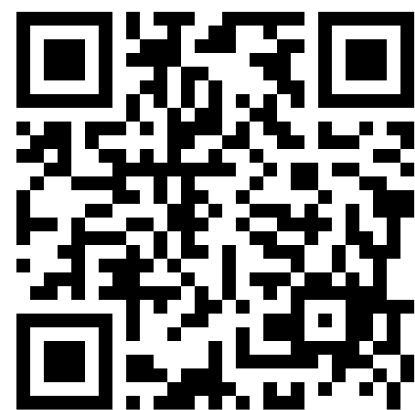
Scholarship Search Engines

Scholarship Search Engines are a great way to find local, national, institutional, or ROTC scholarships. Click on the link resources below.

[Going Merry](#), [Fastweb](#), [ScholarshipOwl](#), [BigFuture](#), [Scholarships360](#), [studentscholarships.org](#)

Join the Mailing List

Our school sends out emails regarding all local scholarships for which we receive information. If you would like to be apart of our mailing list, please fill out the QR code.



[LINK](#)

LOCAL SCHOLARSHIPS

Top Scholarships & Foundations

Some of the top funded local scholarships include the Boettcher, the Daniels, Colorado Garden Foundation, Gates Scholarship, Sachs Foundation, Denver Scholarship Program, and Greenhouse Scholarship - to name a few.

National foundations also provide specialized scholarships. Some examples include [UNFC](#), [AAPI](#), [Native Forward](#), [Horatio Alger Association](#), [HSF Scholar Program](#)

SENIOR YEAR COLLEGE PREP CHECKLIST

AUGUST

- Build your college list.** Include safety, target and reach schools.
- Start your application essays** by brainstorming and writing first drafts.
- Register and study for SAT® or ACT® exams** if you're taking them again this fall or winter.
- Apply for scholarships.** to search over 3 million options.

SEPTEMBER

- Create a spreadsheet** to track application deadlines and requirements.
- Talk with your high school counselor** to finalize your college list.
- Attend a financial aid workshop** if your school offers one, and bring a parent or guardian if you can.
- Ask for letters of recommendation** from teachers and mentors.
- Prepare for the FAFSA®.** Gather tax information, SSNs and federal school codes.
- Tour schools where you're considering applying** in person or online.
- Decide if you're applying early decision or early action** to any schools.
-

OCTOBER

FAFSA OPENS

- Review your SAR** (Student Aid Report) to make sure all information is correct.
- Complete the CSS Profile™.**
- Request transcripts** be sent to the colleges on your list.
- Finish your application essays** and get them proofread.
- Fill out applications.**

NOVEMBER

- Submit early applications.**
- It's National Scholarship Month!** Continue to research and apply.

DECEMBER

- Accept early admission** and financial package, if applicable.
- Submit applications** to your regular admission schools.

JANUARY

- Make enrollment deposits for early admission,** if applicable.
- Submit any outstanding applications.** This is the last deadline for most schools.

FEBRUARY

- Continue applying for scholarships.**
- Write thank-you notes** to people who helped you with applications.

MARCH

- Receive your notifications** of admission, waitlist or rejection.
- Compare financial aid award letters.** Visit CollegeCovered.com/Award-Letter-Tool for a free comparison tool.
- Appeal your financial aid offers** if your financial situation has changed.
- Tour schools you're considering attending** by visiting in person or online.

APRIL

- Make a final decision** and send in your deposit.
- Notify other schools** that you won't be attending.
- Accept your financial aid and scholarships.**

MAY

- Submit enrollment deposit** by May 1.
- Send final transcripts,** if required.
- Submit housing, meal plan and roommate selections,** if needed.

JUNE

- Apply for private student loans** if you need to cover gaps in college costs. **Register for freshman orientation** if your school offers one.

JULY

- Compare private student loans** and select the loan that's best for you.
- Make your first tuition payment.**

Got Questions?

Your counselors are here to help.

The Counseling Center website has a ton of helpful information.

<https://ffchs.ffc8.org/departments/counseling>

Daily Announcements are sent out by our Principal's Administrative Assistant, which is a great way to receive daily updates.

Fountain-Fort Carson District 8 is now using ParentSquare as the new messaging and announcement system. Please make sure that you create an account and are monitoring messages. However, counselors will not be checking reply messages sent through ParentSquare.

Need to get in touch? Reach out via Email.

**Ms. Donna Queen
Counselor for Last Names A - L
DQueen@ffc8.org**

**Ms. Charlotte Martinez
Counselor For Last Names M - Z
CMartinez@ffc8.org**

**Ms. Kaylen Adragna
Support Counselor for Credit Recovery
KAdragna@ffc8.org**

Important Dates

Senior Parent-Student Night, September 3rd, 6PM-7PM
FFCHS Auditorium

College Fair @ Widefield High School, October 1st
FAFSA Opens ~ October 1st

Colorado Free Application Days October 7th-9th
Free App Support Day October 7th, during ELA Classes

FAFSA Informational Meeting, November 5th, 6PM
FFCHS Auditorium

Senior Photos DUE January 31st, 2026

[LINK](#)

GRADUATION!!! MAY 23rd

CAP AND GOWN

[Senior Ordering Info](#)



[LINK](#)

QR Codes

ASVAB Registration Link



Cap and Gown Info



Scholarship Mailing List



Senior Photo Uploading Link



CSU Pueblo Direct Admissions Opt-In Link

