JCHS Senior Planning Guide

Jefferson City High School

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"I have been impressed with the urgency of doing. Knowing is not enough; we must apply. Being willing is not enough; we must do."
—Leonardo da Vinci

Graduation Requirements

Courses	Required Credits
Language Arts	4
Mathematics	3 or 4 for college prep
Social Studies	3
Science	3
Physical Education	1
Health	.5
Personal Finance	.5
Practical Art	1
Fine Art	1
Electives	8
Total	**25**

- Some Universities/Colleges require 4 credits of mathematics.
- Some Universities/Colleges require 2 credits of the same foreign language.
- Check the University/College that you are interested in to ensure you meet the admission requirements.

Required Assessments

Algebra I EOC
Biology EOC
English II EOC
Government EOC
Missouri Constitution Test
US Constitution Test
Citizenship Test
CPR Test
Algebra II EOC (If Algebra I taken as 8th grader)
College & Career Readiness Exam (ACT, SAT, Accuplacer, ASVAB)

***Additional information can be found in the Academic Planning Guide. The Academic Planning Guide can be found HERE.**

Stay Connected - Infinite Campus Portal

Access your grades, attendance, immunizations, report cards, & transcripts on the student portal:

Go to: Student Portal

- Your sign on for the portal is the same login you use for Google.

Senior Year

September

1. Use a calendar/planner to stay organized and keep track of important dates.
2. Narrow your college choices; see your school counselor for assistance; see list of college search websites in this packet.
3. **Register for October ACT**. www.act.org If you are an A+ student who did not score at a proficient or advanced level on the EOC Algebra I exam, you will need a qualifying score on the math portion of the ACT to maintain A+ eligibility.
4. Students interested in Division I or Division II athletics should visit with your counselor for more information on the **NCAA Eligibility Center** process. NCAA
5. **GET INVOLVED YOUR SENIOR YEAR!** If you have not been involved in school or community activities now is the time to build your resume!
6. Focus on your academics and activities.
7. **College and military recruiters** frequently make visits to our campus in the lunchroom during lunch hours. This is a great opportunity to gather information about different programs and schools.
8. Plan to **allocate time for college searches** and applications. It is a process that takes time, it can't be done in a few minutes.
9. Ask **teachers and/or coaches to complete recommendations** for colleges that require them. Make your requests at least two weeks in advance of the due date.
10. Check out Common Application at Common App. (students interested in highly selective colleges/universities)
11. Sign up for google classroom to receive important senior information-CODE: 7wkhze6
12. Sign up for AP tests
13. Sign up for Fall Dual Credit

October

1. **Discuss college costs** with your parent(s)/guardian(s) and how much they're planning to contribute, and how to apply for financial aid.
2. Schedule **college campus visits** and/or interviews. Also, sign up for the college bus trips arranged by the counseling department.
3. Begin **writing essays** required for some applications.
4. Begin scholarship search and applications. Popular free websites are listed in this packet. Many deadlines are in the fall so pay attention to those dates. **Local/popular scholarships will be placed on the school's website and Google Classroom.** Scholarships are added as new information becomes available during the school year, so check your emails and senior Google Classroom weekly if not daily!
5. Register with Fast Web Fastweb or other scholarship websites.
6. **Familiarize yourself with deadlines** for colleges or programs. Each school has their own deadlines for scholarships and applications.
7. Complete NCAA eligibility form at NCAA Eligibility Center if you intend to play Division I or Division 2 College and notify your counselor.
8. Attend Planning for College workshop when available
9. ***Visit FAFSA® Application | Federal Student Aid to submit a Free Application For Student Aid.** You must also create a **FSA ID (Federal Student Aid)** to complete the FAFSA, go to Create Account | Federal Student Aid.
10. Mayer scholarship opens

November

1. If you are applying early action or early decision, complete your applications; deadlines are usually between mid-November and December 1. Apply online, but make sure all materials are sent completed and on time, with necessary signatures, letters of recommendation if needed, and transcripts and test scores. Visit with your counselor for more details and directions on how to send transcript information.
2. Register for December ACT. www.act.org If you are an A+ student who did not score at a proficient or advanced level on the EOC Algebra I exam, you will need a qualifying score on the math portion of the ACT to maintain A+ eligibility. See your counselor for additional information.
3. Continue scholarship search and applications! Many deadlines are in the fall so pay attention to those dates. Local/popular scholarships will be posted on Google Classroom. Check it regularly!!
4. AP tests sign up deadline

December

1. ***Visit FAFSA® Application | Federal Student Aid to submit a Free Application For Student Aid.** You must also create a **FSA ID (Federal Student Aid)** to complete the FAFSA, go to Create Account | Federal Student Aid.
2. You should try to **finish your ACT testing by the end of this month.** Practice ACT exams are available online.
3. **Do not expect teachers/coaches/counselors, etc. to write letters of recommendation over winter break**. Some college applications/scholarships have January 1 deadlines; remember to get your recommendation letters early.
4. Continue scholarship search and applications. Check the senior Google Classroom!!
5. Begin submitting regular decision college applications. Submit transcript request to counseling.
6. JCHS common scholarship will be made available before Winter Break. Please listen to announcements
7. Winter break gives you lots of time to finish your essays and resume, not to mention those applications.
8. Mayer scholarship due

January/February

1. Complete and submit your FAFSA if you have not already done so. This must be done online. You must register for a FSA ID prior to submitting your information.
2. If you need to, **Register for the February ACT. www.act.org** If you are an A+ student who did not score at a proficient or advanced level on the EOC Algebra I exam, you will need a qualifying score on the math portion of the ACT to maintain A+ eligibility. See your counselor for additional information.
3. JCHS Common Scholarship is due in January….do not wait till the last minute. Watch for deadline date to be announced
4. Are all your college applications submitted? Are any other dates approaching?
5. Make your mid-year grades available to colleges. Use this form to send your transcript. Transcript Request Form
6. Check your mail for decisions on those early admissions applications

March/April

1. **Complete and submit your housing information for college.**
2. **Continue scholarship search and applications.**
3. Work on your resume and **begin a job hunt** if you need to work part or full time!
4. If you have been going through the college application process you will begin to receive admission decisions. **Compare financial aid awards; you can sometimes negotiate a better financial aid package.**
5. If you are ready, **make a decision and send in your deposit.**
6. Prepare for **final exams; remember colleges will see your final transcript and GPA.**
7. Look for your Student Aid Report (SAR) in the mail or online. Discuss the Student Aid Index (SAI) and how much you can afford to spend for your education with your parents and family
8. If you haven't yet, it is time to make an enrollment decision, accept the financial aid and send in housing and tuition deposits
9. Complete your senior intention form for the counseling department on Infinite Campus

May

1. Find a summer job.
2. The Senior Intentions form needs to be completed and accurate—this is where your final transcript will be sent.
3. Notify the colleges that you have decided to not attend
4. If you get an aid package from one of your "NO" schools, let them know so another student can be the lucky one to reap the award
5. Send thank you notes to those that have helped you along the way.
6. Finalize all plans
7. **The last day for seniors is May 6th.**
8. **Graduation is May 8th.**

Financial Aid

The primary responsibility for paying for a student's educational expenses belongs to the family. However, family finances alone should not determine the choice of a college. Your child should also examine their desire and ability to attend a specific college or other post-secondary program. If you prepare and follow the steps to applying for financial aid, a partnership of parents, the student, government and institutions can provide a viable financial aid package for most students.

Important Facts About Financial Aid for College

- There are funds available to help all students who demonstrate need. You do not need to be considered low income to qualify for financial aid for college.
- Schools with higher tuition costs are not necessarily more expensive. They sometimes provide the best financial aid.
- The student aid index (SAI) remains the same regardless of the cost of the college. Because expenses at different colleges vary and the amount the family is expected to pay remains the same, you could be eligible for more aid at a higher cost college than at a lower cost college.
- Most financial aid is awarded on the basis of demonstrated need.
- **In order to receive financial aid you must ask for it! This means you must complete the FAFSA!**
- Colleges will differ in the amount of aid offered to you. You are not obligated to attend a college if the financial aid offered is not sufficient to meet your needs.

Federal Financial Aid Programs

There are several sources of financial aid for prospective college-bound students. One starting point is the link: Federal Student Aid. Here you will find descriptions of federal programs such as:

- Pell Grant
- Federal Supplemental Educational Opportunity Grants (FSEOG)
- Federal Work Study
- Federal Perkins Loan
- Federal Stafford Loan
- Federal Plus

Free Application for Federal Student Aid (FAFSA)

The FAFSA application is required for students to be considered for financial aid. You should complete the FAFSA even if you think you might not qualify because most colleges and universities will not award their own financial aid without a FAFSA report. The FAFSA form is free to complete and is used by most state agencies, colleges, and universities. The FAFSA form may be completed online at Federal Student Aid starting in December of your senior year. It is in your best interest to apply as soon as possible.

Financial Aid Websites

- **The Financial Aid Information Page-** www.finaid.org
- **Missouri MO$T Program-**www.missourimost.org
- **Missouri Department of Higher Ed-**Grants & Scholarships
- **US Department of Education-**www.ed.gov
- **The Free Application for Federal Student Aid (FAFSA)-** You can apply online at FAFSA® Application
- **Sallie Mae-** Information about loans and payment options: www.salliemae.com
- **How Stuff Works-** Interesting and comprehensive site with loads of details and helpful tools: How College Financial Aid Works | HowStuffWorks

Scholarships

Scholarships can be found on the JCHS counseling website: Scholarship Opportunities

Or you can access the website by going to Jefferson City High School / Homepage and clicking on the Counseling Tab in the gray bar at the top.

Every senior should join the Google Classroom for their graduating class. The counseling office will post new scholarships, deadlines, and due dates. Please keep a record of all dates for your own calendar so you do not miss an important deadline. Please see your counselor if you have not joined the Google Classroom for your graduation year!!

Scholarship Search Sites

- www.scholarships.com
- www.fastweb.com
- www.gocollege.com
- www.OfftoCollege.com
- www.collegeanswer.com
- www.embark.com

Scholarship Scams

A Federal Trade Commission-run site. It is always good to check on what you learn about on the web: How To Avoid Scholarship and Financial Aid Scams | Consumer Advice

Scholarship Tips

- Start EARLY!
- Contact schools you are interested in and ask for information about their scholarships
- Apply for local scholarships and the Common Scholarship
- Pay attention to deadlines
- Follow the instructions of the scholarship precisely
- Make sure you complete ALL parts of the application and have all the required documentation included
- Give your references at least two weeks' notice to write your letters of recommendation
- Ask someone to proofread your essays

Scholarship Essay Tips

- **Start with a Hook** - Draw the reader in with strong and memorable words from the very first sentence
- **Tell A True Story** - Share personal details and write in the form of a story. Endear yourself to the reader
- **Fully Answer the Question** - Is the prompt a one or two part question? Give complete answers
- **Heed Word Count** - Do not exceed the specified word count. Use all available space
- **Proofread and Share** - Carefully read over the essay, then find two trusted people to proofread and critique

A+ Scholarship Program

If you are earning you're A+ designation you must remember to include A+ tutoring on your schedule for your senior year. To be sure you have met all program requirements prior to graduation please visit with your counselor and Mrs. Lauren Winemiller who is the A+ Coordinator for JCHS. Eligibility status will be updated throughout the school year. lauren.winemiller@jcschools.us A+ Program / A+ Schools Scholarship Requirements & Benefits

A+ Requirements:

- Enter into a written agreement with your high school prior to graduation.
- Attend an A+ designated high school for three consecutive years prior to graduation (*does not have to be the same school for three years*).
- Graduate with a GPA of 2.5 or higher on a 4.0 scale.
- Maintain at least 95% attendance for the four year period.
- Perform at least 50 hours of unpaid tutoring or mentoring to other students in the district.

- Score Proficient or Advanced on the Algebra I End Of Course (EOC) Exam
    - OR achieve a qualifying score on the Math component of the ACT test and graduate with the required GPA or higher.

ACT Math Score	GPA
17+	2.5+
16	2.8+
15	3.0+

- Maintain a record of good citizenship and avoid unlawful use of dr
- Register with the selective service, if required by law.
- Apply for non-payback scholarships by completing a FAFSA (Free A

ACT Test fee is $68.00 per test.

ACT Test with writing is additional $25

ACT test with Science is additional $4.00

If you have turned in the necessary paperwork and qualify for free/reduced lunches you may receive up to two **fee waivers** for the ACT Test.

Please see your counselor for more information **before you register**.

ACT Test Schedule

www.act.org

TEST DATE	DEADLINE	LATE DEADLINE
Sept 6, 2025	Aug 1, 2025	Aug 19, 2025
Oct 18, 2025	Sept 12, 2025	Sept 30, 2025
Dec 13, 2025	Nov 7, 2025	Nov 24, 2025
Feb 14, 2026	Jan 9, 2026	Jan 23, 2026
Apr 11, 2026	Mar 6, 2026	Mar 24, 2026
June 13, 2026	May 8, 2026	May 29, 2026
July 11, 2026	June 5, 2026	June 24, 2026

NCAA Eligibility

Visit NCAA.org to register for the NCAA clearinghouse. In addition, you can review the academic requirements to participate in college sports. There are several resources available to you at this website. See your counselor if you have additional questions.

NAIA Eligibility

Visit PlayNAIA to register for the NAIA clearinghouse. See your counselor if you have additional questions.

College Visits

Make arrangements for your college visits beforehand with the office and be sure to plan ahead and make up any class work you miss. If you need assistance setting up your college visit, please see your counselor. Most colleges and universities have online registration for college visits through their school website.

College Application Resume Tips

- List everything in reverse chronological order within each category.
- Be sure to mention any unusual experiences that will impress admissions officers.
- Give a copy to each potential recommender. It'll help them write their letter for you.
- Proofread, proofread, and proofread.

College Application Essay Tips

1. There are few opportunities at this time to change the data in your college application.
    - Your grades are fixed and the first semester of senior year will not change that dramatically.
    - Your ACT scores will not rise or fall THAT dramatically, no matter how many times you take them.
    - Your teacher and college recommendations are out of your hands.
2. The single place where you still exercise some substantial control is your college application essay, and it represents an opportunity you should **not** take lightly.
3. Most private colleges and universities require at least one essay; some of the more competitive state universities- Michigan, Colorado, Texas, Washington- now require essays.
4. If a school indicates that an essay is optional, don't consider it optional; write one.
5. Check each application for the topic/topics it specifies and the number of essays each requires.
6. Pay close attention to the topic; while many fall into a "personal experience" or "personal statement" response, others will ask you to address everything from "Why do you want to go to our school?" to "Do something creative with this 8 ½ x 11 inch space."
7. Write several drafts; the key to a successful application essay is- as with all sound writing- **revision;** write an engaging story about yourself, keep the focus narrow, and above all, understand that the readers want to learn something about you from the essay, something that is helpful in understanding **who you are today.**
8. Try to keep the essay to one page; readers rarely turn to a second page. If you must use a second page, make sure the break is in the MIDDLE of a very interesting sentence in your narrative.
9. Have competent readers review the essay so that it "sounds like you." Choose your readers wisely.
10. When you hand it to a reader, especially a teacher or another adult, make sure you indicate
    - The topic
    - The college or university to which it will be sent
11. Some schools require that, in addition to a personal narrative, you submit a piece of graded analytical writing. Consider a paper you wrote junior year, but do not submit something as long as a research paper.

"I long to accomplish a great and noble task, but it is my chief duty to accomplish small tasks as if they were great and noble." —Helen Keller

College Application Checklist

- ☐ Make a list of 3-6 colleges or universities which you are interested in.
- ☐ Check your grades, courses, test scores to see if they meet the admission requirements of your selected schools. (Most of this information is available in Infinite Campus through your student or parent portal accounts)
- ☐ Check your A+ status. Contact Mrs. Winemiller - Lauren Winemiller
- ☐ Register to take the ACT if necessary. You can register online at ACT
- ☐ Visit the college or university website to review online applications, scholarships, and financial aid information. Most applications will be completed online.
- ☐ Develop a resume organizing your high school activities, honors, community service, etc.
- ☐ Start completing your applications. (Keep a copy of your applications and essays)
- ☐ Fill out the Google transcript request form after you apply to each school. Please visit with your counselor if you have questions. Transcript Requests
- ☐ Ask for letters of recommendations. (Give your references at least 2 weeks notice. DO NOT wait until the last minute!) Keep copies of your letters for future use.
- ☐ Complete the FAFSA. FAFSA
- ☐ Complete scholarships throughout the school year.
- ☐ Go on college visits to gather information to help you choose your school.
- ☐ Choose your school by comparing all aspects of the campus environment, programs, cost, financial aid packages, etc.

Clean up your social media. Selective schools and scholarship programs check your cyber footprint, so get those unflattering photos and posts off the web!

Dual Enrollment and AP Transcripts

Transcripts that indicate college credit earned through dual enrollment or through the Advanced Placement (AP) program are **not maintained or issued by JCHS**. They can be obtained as follows:

1. Lincoln University: Transcript request can only be done online at the following website: Lincoln University Transcript

2. Drury University: Transcript request can only be done online at the following website: Drury Transcript Instructions

3. AP Test Scores: AP Grade reports are available through the College Board and will be sent to the institution requested on the student's exam answer sheet. If you want to change or delete that request, send in the form provided in the AP Candidate Pack or call 888-CALL-4-AP or 609-771-7300. You can also go to the College Board website. A fee will apply.

Post-Secondary Planning Websites

College Information

- **The College Board-** College Board
- **The National Association of College Admission Counselors (NACAC)-** Large array of links: NACAC
- **ACT-** Includes test registration and test-prep information: ACT
- **Peterson's-** Links to the companies many resources: Peterson's
- **US News and World Report-**Be wary of the rankings, but there is much to learn at this site. The "school comparison" feature is great: School Rankings Lists & Methodology - US News
- **Colleges That Change Lives-** Site based on best-selling, highly regarded college advisor, Loren Pope. Insights about some wonderful and sometimes overlooked places: CTCL
- **College View-** A good source for information on all colleges: CollegeStats.org
- **College Quest-** College search: www.collegequest.com
- **College Newspapers-** A great way to find out what's really going on at a campus: College Newspapers
- **College Navigator-** A free college search tool - National Center for Ed. Statistics: College Navigator
- **Princeton Review-** Test prep, college search and other college-related info: The Princeton Review
- **Mapping Your Future-** General info site with a variety of information: Mapping Your Future

Application Services

- **The Common Application-** 200+ schools accept it and you should use it. Common App
- **Historically Black Colleges Common Application-** Find applications for 29 different institutions: Common Black College Application

Special Interest

- **The National Collegiate Athletic Association (NCAA)-** NCAA
- **The National Association of Intercollegiate Athletics (NAIA)-** NAIA
- **Historically Black Colleges-** Official List of HBCUs - Historically Black Colleges and Universities
- **Jesuit Colleges-** Association of Jesuit Colleges and Universities
- **Macleans-** For those looking into Canadian schools, this is an invaluable resource: Maclean's Education
- **American Indian College Fund-** www.collegefund.org

- **Learning Disabilities Association-** Learning Disabilities Association of America
- **Students with Learning Disabilities-** NCLD
- **Children and Adults with ADHD-** CHADD
- **American Association of University Women-** www.aauw.org

> "Watch your thoughts; they become words. Watch your words; they become actions. Watch your actions; they become habits. Watch your habits; they become character. Watch your character; it becomes your destiny." —Lao-Tze

Military Enlistment

Entering a branch of the US Military can be a very rewarding and positive experience. The military offers a wide variety of training and skill development, as well as many opportunities for continued education. The decision to enlist is one that should be considered very carefully, however, as a career or job in the armed services is certainly not for everyone. Please discuss your thoughts about enlistment with your parents, your school counselor, and anyone else whose opinion you value.

Meeting with Recruiters

All Branches of the military, Air Force, Army, Marines, and Navy have offices located in the area. Additionally, all military recruiters schedule visits to JCHS during the year. If you would like to be in contact with a recruiter, please see your counselor. It is recommended that you speak with recruiters from all branches of the Armed Services when considering the military as an option.

US Army GO Army	**US Air Force** Air Force
US Navy Navy	**US Marines** Marines
MO National Guard MO Guard	**US Coast Guard** Coast Guard
MO Air National Guard MO Air Guard	**ROTC (Reserve Officers' Training Corps)** ROTC Info

ASVAB (Armed Services Vocational Aptitude Battery)

The ASVAB is the entrance exam for all branches of the military. You must attain a certain score on the test in order to enlist, and your scores are also utilized to determine your qualifications for various jobs within the service. The ASVAB is administered regularly at JCHS, and you can easily arrange to take it through any recruiter or your counselor.

For ASVAB practice guide go to ASVAB Practice

Academies and ROTC

The academies of the armed services (US Military Academy, Naval Academy, Air Force Academy and the Coast Guard Academy), are all highly selective four-year universities. Upon graduation, candidates receive an officer's commission in their respective branch.

Many four-year colleges and universities offer ROTC programs. Students who enroll in ROTC may also receive an officer's commission in a branch of the military upon graduation. These programs also offer scholarship opportunities for qualified candidates. Please see your counselor and recruiter for more information.

Entering The Job Market

Assessing Your Marketability

If you plan on seeking employment right after graduation, take some time to assess exactly what skills you have attained over the past few years. Specific skills, such as mechanical, graphic arts production or word processing/clerical, are very important. Additionally, remember that employers are seeking individuals who have a diligent work ethic, communicate clearly (writing and speaking), and are able to get along well with others.

It is also important to write a clear and concise resume outlining your skills and work experience. You should also be able to write a very articulate letter of inquiry, as well as letters of application. Please see your English teacher, teachers in the Business Department, or your school counselor for assistance.

Exploring the Job Market

It may be helpful to take some time early on in the year to arrange appointments with various employers in the area to speak with them about opportunities within their business, and also to see what kind of employee they would consider to be highly qualified. Explain to them that you are not necessarily looking for a job at this time, but that you are basically exploring the job market and seeking information. Please see your school counselor if you would like some assistance and direction.

Remember that the unskilled labor market has lessened considerably over the past few years, and that employers are demanding a higher skill level of their prospective employees. Please explore the potential for employment in your specific area of interest early on in your senior year. You may find that a technical college, business college, or similar program is attractive after all.

Being Prepared

Prior to seeking employment, have you:

- written a resume?
- become proficient at writing letters of inquiry and application?
- assessed your skills and can communicate them clearly to a prospective employer?
- thoroughly explored the job market?
- researched and practiced interviewing skills?

Apprenticeships

Registered Apprenticeship is an industry-driven, high-quality career pathway where employers can develop and prepare their future workforce, and individuals can obtain paid work experience, receive progressive wage increases, classroom instruction, and a portable, nationally-recognized credential.

Apprenticeship Missouri - Registered Apprenticeship Programs

Apprenticeship USA - Fact Sheet

Apprenticeship USA - Explore Apprenticeships

More Helpful Websites

Career Information

- **ASVAB Career Exploration Program-** Department of Defense: ASVAB Career Exploration Program
- **US Department of Labor-** Occupational Outlook Handbook
- **Job Corps -** Job Corps Questions
- **College job planning-** www.monster.com
- **Military Career Guide Online-** www.militarycareers.com

Miscellaneous

- **Campus Online Tours-** Virtual College Tours, Virtual Reality Education, CampusTours
- **Greek Life-** Site dedicated to fraternity and sororities: Greekrank
- **Test Prep Resources-**Learning Express - Sign up for a free account in the JCHS library

"Nothing is impossible. The word itself says 'I'm possible!'" —Audrey Hepburn

Jay Pride Never Dies!