Think one kid can change the world?



Grades 9–12

— Upper School —

Inspiring confidence, igniting leadership: CDS is where you discover who you are and who you can become.

REV 10.28.2026

Welcome to
CAROLINA DAY

The Carolina Day Upper School is human centered and puts students first. Everything we do is about helping our graduates reach beyond self while making sure we've nurtured good humans along the way. We blend rigor with fun within the classroom while also creating opportunities outside the classroom that students don't traditionally get in other schools.

As a result, Upper School students leave Carolina Day with strong leadership and entrepreneurship skills but also with emotional intelligence and empathy that deepens the connection with their community. They leave here with distinction, already having made their mark on the world, already understanding their path forward, so that when they graduate they can take their ideas and turn them into something the world needs, something that will fill their cup.

We support our students exploring beyond the walls of the classroom in order to try something new and be innovative, so that life beyond high school is not an overwhelming mystery, nor a puzzle they have to figure out before they can engage with the world as purposeful adults.



"CDS was my home away from home. I always felt loved here, and it was this love and support that allowed me to explore and experiment.

—**Joaquin Tordoya-Urdiales '26**, Graduate Address



UPPER SCHOOL

Education for a Lifetime

At Carolina Day, we believe a well-rounded liberal arts education goes beyond the textbook. Encouraging exploration, developing leadership skills, and inspiring curiosity are built into everything we do. Upper School students will go well beyond learning facts and figures, they will uncover their true strengths while becoming empathetic citizens of a global community.

Our Upper School students receive focused, individualized attention and instruction. The Upper School experience is all about becoming a compassionate leader in a community of peers who care deeply about the world around them. Your opinions, passions, and ideas don't just belong in essays or presentations. They belong in your local and global communities, and the CDS Upper School will help make that happen. With a tight-knit school community, student-run clubs and organizations, leadership programs that connect students to real-world businesses and nonprofit organizations, a wide range of arts, athletic, and service oriented extracurriculars, and classes that invite innovation and creativity, Carolina Day's Upper School is a place where you can learn how to make your goals a reality.

Find your purpose. Make a difference. Lead the way.

To learn more about the Upper School at Carolina Day, visit **carolinaday.org** or call **828-407-4442**.



“

Carolina Day’s small class sizes create an engaging learning environment and makes it easier for students to ask for help. **The teachers here genuinely care** about our academics and take the time to get to know each and every one of us. They always encourage us to meet with them outside of class with any questions. Their passion for teaching makes students eager to learn.”

~ CECILY HEYE ’24, *CDS Alumna*





"Carolina Day was the first academic place where I felt free. It was a safe space for me to learn. In the future, I want to be able to create those kinds of feelings in my classrooms."

~ PRESTINA SMITH '06,
CDS Alumna



Portrait of a Graduate

Graduate a leader.

Upper School students volunteering with Special Olympics.

Graduation may seem far away, but Upper School students are always thinking about the future and the day when they cross that commencement stage and start their adult lives. What kind of person will you be? Will you feel ready to take on the challenges of a rapidly changing world? Will you be ready to affect meaningful change in the ways you care about most? We think about that day, too. The Carolina Day Portrait of a Graduate is our blueprint for fostering prepared and compassionate leaders, so that when you turn your tassel, you will be an innovative, authentic leader with all the tools to contribute to whatever cause you set your mind to.

INNOVATION

CDS graduates...

- create original work -
- think critically about complex issues -
- communicate effectively in English and another world language –
– develop cross-cultural competencies –
– embrace a love of learning –
– lead your own learning initiatives –

AUTHENTICITY

CDS graduates...

– have a strong sense of independence –
– demonstrate resilience amidst adversity –
– adapt to challenges and new situations –
– act with honor, compassion, and respect –
– understand your own strengths and weaknesses –
– develop and reflect on your values –
– employ constant self-reflection –

LEADERSHIP

CDS graduates...

– model civic engagement –
– effectively and ethically use technology –
– collaborate with others toward common goals –
– cultivate a meaningful community –
– engage respectfully within a diverse community –
– serve with confidence, humility, and vulnerability –

To learn more about the Upper School at Carolina Day, visit **carolinaday.org** or call **828-407-4442**.



Above: *Upper School students sign the Honor Code pledge at the beginning of each year.*

A Community of Honor

Our tight-knit community of students, faculty, and staff unite under the banner of our Honor Code and Pledge. At the beginning of each year, we gather together in a symbolic ceremony to reaffirm our commitment to the code and pledge, signing our names in a ledger book that has been used for decades to record the dedication of our community to compassion, integrity, and scholarship. The principles we hold dear came from Upper School Honor Council students, who led an initiative in 2020 to create an up-to-date Honor Code that represents student voices and values. It has guided our whole school community ever since and will continue to guide us into the future.



Head of the Honor Council Janaki Karvir '28 addresses the student body before the Honor Code signing.

HONOR CODE

Carolina Day School is a community of honor. We are bound together by a shared commitment to uphold the values of compassion, integrity, and scholarship.

HONOR PLEDGE

In my commitment to be a member of the Carolina Day community, I pledge to:

- *treat all individuals, personal property, and physical spaces with care and respect.*
- *be honest and honorable at all times with my words and actions.*
- *practice integrity in my relationships and academic work.*
- *hold members of the community to our high standards of honor.*
- *accept full responsibility if my actions do not meet these community standards.*

Curriculum

In Upper School, students chart their own course through college preparatory, honors, and AP classes, along with a rich selection of semester electives. Every day includes an open period for collaborating with peers, getting extra help from teachers, or pursuing a question that sparks their curiosity.

Here, trust and close relationships with faculty create a place where it's safe to be yourself. It's where students discover what they love and find the support to take risks, whether intellectual, creative, or athletic.

Academic Areas

English

Literature and Composition
Literature and Analysis
Purposeful, Authentic Communication (PAC)
Honors Biosocial Ethics and Motives (BEAM)
Journalism
Reading and Writing Short Fiction
American Literature
Graphic Novels
AP English Literature and Composition
AP English Language and Composition

Mathematics

Integrated Math 1
Integrated Math 2
Enriched Integrated Math 2
Integrated Math 3
Honors Integrated Math 3
Honors Precalculus
Discrete Mathematics
AP Statistics
AP Calculus AB
Honors Advanced Modeling/Multivariable Calculus
AP Computer Science Principles
AP Computer Science A

Science

Human Biology
Chemistry
Geosciences
Physics
Appalachian Natural History 1
Appalachian Natural History 2
Advanced Topics in Biology: Intro to Genetics
Advanced Topics in Biology: Basic Microscopy
Honors Biosocial Ethics and Motives (BEAM)
AP Environmental Science
AP Physics 1
AP Chemistry
AP Biology

World Language

Intro to the Study of Language Acquisition (ISLA) in Spanish
Spanish 1
Spanish 2
Spanish 3
Honors Spanish 4
Spanish Culture and Conversation
Honors Spanish 5/AP Spanish Language
Honors Hispanic Literatures & Cultures
Intro to the Study of Language Acquisition (ISLA) in French
French 1
French 2
French 3
Honors French 4
Honors French Culture and Conversation
Honors French 5/AP French Language

Social Studies

Civics, Civil Rights, and Citizenship
Modern World History
AP World History: Modern
U.S. History
AP U.S. History
Political Theory and Popular Culture
Honors Modern Western Philosophy
Honors Ancient Western Philosophy
Ancient Worlds
AP U.S. Government & Politics
AP Psychology
AP Microeconomics
AP Macroeconomics
AP Art History

Fine & Performing Arts

Studio Art
Honors Advanced Studio Art
Pottery
Photography
Theatre: Playwriting
Theatre: Technical Construction and Rigging
Theatre: Introduction to Theatre
Theatre: Experiential Theatre History
Introduction to Music
Choir
Concert Band/Honors Concert Band
Rock Band/Honors Rock Band
Electronic Music
AP Music Theory
AP Art History

Special Courses

Yearbook: Publication Design
Speech
Financial Literacy
Competitive Speech and Debate
Advanced Competitive Speech and Debate
Honors Competitive Speech and Debate
Independent Student Research Project (ISRP)
Mindfulness
Robotics
Freshman Seminar
College Exploration Seminar

Physical Education

Weight Training
Interscholastic Sports for PE Credit
Mindfulness
Tae Kwon Do

Student Support

Study Skills: Foundations
Study Skills: Systems and Applications



Journey to College

Above: *Upper School seniors prepare for Commencement.*

The CDS College Counseling Program works closely with students, parents, faculty, and staff to provide a comprehensive approach to the college exploration and application process. While most individualized counseling occurs in the junior and senior years, we provide a number of forums for freshmen, sophomores, and their parents to learn about the college admissions process. Through individualized meetings with students and parents, we guide students through the process of identifying colleges that fit each student's academic, career, and personal goals. We assist students throughout the college application process by facilitating a standardized testing strategy, college trips and representative visits, college applications, interview preparation, essay topic brainstorming and review, and financial aid and scholarship applications.

9th GRADE
Freshman Seminar
PSAT 8/9

9-12th GRADES
College Counseling
Parent Meetings

10th GRADE
College Trip
Practice ACT

11th GRADE
Test Preparation
College Exploration Class • PSAT

12th GRADE
1st Semester Essay
Mentorship
Ready to Apply!

College Exploration Timeline

Top to bottom:
Upper School College Counselor Jessica Browning meets with a student to discuss the college application process.

The sophomore trip provides students with an overview of a variety of colleges and universities. Awareness of different types of schools is an important step in a student's college exploration process.

Our college counseling begins in Grade 9 and progresses to a CDS Sophomore College Trip, followed by individual coaching and guidance. Our dedicated college counselor has close relationships with colleges and universities across the nation. Our process includes individual college counseling meetings with students and parents, as well as workshops on affording college and other topics. We organize a vigorous college representative visit schedule for students to meet directly with college admission representatives on our campus. Our graduate college list includes an impressive range of institutions to which CDS graduates have matriculated.





College Acceptances 2021–2026

Alaska Pacific University
Allegheny College
American University*
Amherst College
Anglo-American University*
Appalachian State University*
Arizona State University
Asheville-Buncombe Technical Community College*
Auburn University*
Austin Peay State University
Bard College
Barnard College*
Bates College
Baylor University
Belmont Abbey College
Belmont University*
Bennington College
Berry College
Boston College
Boston University*
Bowling Green State University
Brandeis University*
Brevard College*
Brown University*
Bryn Mawr College*
Carleton College
Case Western Reserve University*
Centre College
Champlain College*
Clark University
Clemson University*
Coastal Carolina University
College of Charleston*
College of the Atlantic
Colorado College*
Colorado Mesa University
Colorado Mountain College
Colorado State University
Columbia College Chicago
Concord University*
Connecticut College
Converse University
Dartmouth College*
Davidson College*
Denison University*
DePaul University*
Dickinson College*
Drew University
Drexel University*
Duke University*
East Carolina University*
East Tennessee State University*
Eckerd College*
Elon University*
Embry-Riddle Aeronautical University*
Emerson College*
Emory & Henry University*
Emory University Oxford
Emory University*
Florida International University
Florida Southern College
Florida State University*
Fordham University*
Fort Lewis College
Franklin & Marshall College
Furman University*
Gardner-Webb University*
George Mason University
George Washington University*
Georgetown University
Gonzaga University
Grinnell College
Guilford College*
Hamilton College*
Hampshire College
Hartwick College
Haverford College*
High Point University*
Hofstra University
Hollins University
Howard University
Indiana University Bloomington
Iowa State University
James Madison University*
John Cabot University
Juniata College
Kenyon College
Lafayette College
Lander University*
Lees-McRae College*
Lenoir-Rhyne University
Lewis & Clark College
Liberty University
Loughborough University
Louisiana State University*
Loyola Marymount University
Loyola University Chicago
Loyola University Maryland
Loyola University New Orleans
Lynn University
Macalester College
Maine College of Art & Design
Maine Maritime Academy
Marist University
Maryland Institute College of Art
Massachusetts College of Art and Design
Massachusetts Institute of Technology*
Mercer University
Meredith College
Miami University*
Michigan State University*
Michigan Technological University
Middle Tennessee State University
Millersville University
Montana State University
Montreat College*
Mount Holyoke College
Muhlenberg College*
New York Institute of Technology
New York University*
Nichols College
North Carolina A&T State University
North Carolina State University*
Northeastern University*
Northwestern University*
Oberlin College
Oglethorpe University
Pace University
Penn State University
Penn State University Harrisburg
Pratt Institute
Presbyterian College
Princeton University*
Queen's University
Queens University of Charlotte
Ringling College of Art and Design*
Roanoke College
Rochester Institute of Technology
Rollins College
San Diego State University
Sarah Lawrence College*
Savannah College of Art and Design*
School of the Art Institute of Chicago
Seattle University
Shippensburg University
Skidmore College*
Smith College*
Southern Methodist University*
St. John's College*
St. Lawrence University
St. Mary's College of Maryland
St. Olaf College
Stanford University*
Stony Brook University
Suffolk University
Swarthmore College*
Temple University
The American University of Paris
The College of Wooster
The Ohio State University*
The University of Edinburgh
The University of Manchester
Towson University
Trinity College
Trinity University*
Tufts University*
Tulane University*
University of Aberdeen
University of Alabama Huntsville
University of Alabama*
University of Arizona
University of Bath
University of California Berkeley*
University of California Irvine*
University of California San Diego
University of California Santa Barbara
University of California Santa Cruz
University of Canterbury*
University of Central Florida
University of Cincinnati
University of Colorado
University of Colorado Boulder*
University of Connecticut
University of Delaware
University of Denver*
University of Exeter*
University of Florida*
University of Georgia
University of Glasgow
University of Hawaii*
University of Illinois
University of Iowa
University of Kansas
University of Kentucky*
University of Maryland
University of Massachusetts
University of Massachusetts Amherst
University of Memphis
University of Miami*
University of Michigan
University of Minnesota
University of Mississippi*
University of Montana
University of North Carolina Asheville*
University of North Carolina Chapel Hill*
University of North Carolina Charlotte*
University of North Carolina Greensboro*
University of North Carolina Pembroke
University of North Carolina School of the Arts*
University of North Carolina Wilmington*
University of Oregon*
University of Pittsburgh
University of Rhode Island
University of Richmond*
University of San Diego
University of San Francisco
University of South Carolina Beaufort
University of South Carolina*
University of South Florida
University of St Andrews
University of St. Thomas*
University of Stirling
University of Tampa*
University of Tennessee*
University of Texas*
University of the South*
University of Utah
University of Vermont*
University of Virginia
University of Virginia (Wise)
University of Washington
University of Wisconsin
University of Wisconsin*
Ursinus College
Vanderbilt University*
Vassar College
Vermont State University
Virginia Commonwealth University*
Virginia Tech*
Wake Forest University*
Warren Wilson College*
Washington and Lee University
Washington University in St. Louis*
West Chester University
West Virginia University
Western Carolina University*
Western Washington University*
Wheaton College
Willamette University
William & Mary
Williams College*
Wingate University
Wofford College*
Xavier University

**CDS students attending*



"I was always encouraged to explore my passions and interests."

~ MADISON HUFFMAN '20,
CDS Alumna

Student Life

Discover our student-first and student-lead community.

Above: *Students celebrate and cheer on their peers at the Homecoming pep rallly.*



Above and right:
Two students enjoy Rockmont Day.

New members of Cardinal House pose for a picture after the yearly House Sorting.

House System

The House System in the Upper School fosters a sense of community and connection among students and teachers. At the start of the school year, each Upper School student is assigned to one of four Houses: Bell, Cardinal, Highlander, or Pines. Students actively participate in friendly competition throughout the year, accumulating points for their respective House through various activities, including House Games, acts of service, attending art and athletic events, upholding the Honor Code, and engaging in Spirit Days.

Community Meetings

Student-run community meetings are twice weekly gatherings where all Upper School students and teachers come together to celebrate individual accomplishments, listen to senior speeches, get excited for upcoming events, and announce any club or organization initiatives.

Advisories

Upper School students belong to academic advisories, a structured and personalized support system in which each student is assigned to a dedicated faculty advisor. Advisors meet with their advisees both in groups and individually to provide academic and school-life support. Advisories allow for students to create close bonds with both teachers and peers while providing an extra layer of academic, social, and emotional support.

Healthy Relationships

Teaching high school students about healthy relationships is a proactive measure that not only protects them from potential harm but also empowers them to cultivate fulfilling and respectful connections throughout their lives. Our Healthy Relationships program, led by our skilled school counselor in partnership with Our VOICE and Helpmate, equips students with essential tools to build meaningful and respectful connections. Topics covered include setting classroom expectations, understanding body language, addressing harassment, bystander responsibility, consent, and respecting boundaries, among others.



Beyond the Classroom

Extracurriculars & After School

Discover a world of opportunities through athletics, extracurriculars, clubs, student government, and so much more.







Top to bottom: *Students participating in a theatrical production, club fair, and a music concert.*

Athletics

We're proud of our athletic program with teams that reach and win state championships and individual athletes who consistently shatter personal records. Our athletes have signed with collegiate athletic programs at Princeton, Dartmouth, MIT, and more. Athletics at Carolina Day aren't just for record-breakers, though. We pride ourselves on nurturing scholar-athletes who take their schooling seriously, so our program offers both competitive and non-competitive development teams. Students who want to be involved with CDS athletics without playing can get involved in sports management.

- Soccer
- Volleyball
- Cross Country
- Track and Field
- Field Hockey
- Golf
- Basketball
- Swim Team
- Tennis

Clubs

Our Upper School students don't just join clubs, they create them! Each year, students propose new clubs or bring back favorites, each supported by a faculty sponsor. In early fall, our annual Club Fair brings everyone together. A few examples of recent clubs include:

- Choir Club
- Cooking Club
- D&D Club
- Fellowship of Christian Athletes
- Fencing Club
- Film Club
- Gardening Club
- Girl Up Club
- GSA
- Health Sciences
- Investment Club
- Jewish Club
- Kennel Kindness Project
- Model UN
- Movie Club
- Robotics Club
- Society of Literature, Art, Music, and Media (SLAMM)
- Ski and Snowboard Club
- Student Section
- Zoology and Marine Biology Club

Student Government

With elected members serving as student advocates, Student Government allows students to shape the school based on their collective voice, honing leadership skills in line with CDS curriculum.

Special Courses

Many of our special courses, such as performing arts, speech & debate, and others, have extracurricular components. There are so many ways in which to engage beyond the classroom!


1:32
HOME
5
Grays
CAROLINA DAY
15
CAROLINA DAY
16


YELLOWSTONE NATIONAL







We Look Forward to Meeting You

If you're interested to learn more, attend an Open House for an up close and personal visit. We look forward to sharing all that is special about the Carolina Day community with you.

Are you ready to belong to a school community that supports students in very tangible ways and ensures they have opportunities to work hard and explore their full academic and artistic potential? If so, visit ***carolinaday.org/apply*** *to begin the application process.*

Let's get started.

Join us for an Open House.

You are invited to attend our informational events to hear from administration, faculty, current students and parents about the Carolina Day community, culture, curriculum, and programs. Check out **carolinaday.org/visit** for a wide variety of opportunities to get to know us.

Tuition & Fees

Our Tuition & Fee schedule for the current year can be found at **carolinaday.org/admission/tuition**. Our tuition covers many expenses, such as textbooks, activity fees, local field trips, lab/studio fees, as well as PSAT and ERB testing. It's worth noting that tuition for the upcoming year is established in January and typically sees a moderate annual increase. Your investment in education paves the way for a brighter future!

Application

We invite you to submit an application at **carolinaday.org/apply** which creates an account on My CDS, a very user-friendly system that streamlines the application process for our families. Through your My CDS account, you will be able to receive notifications from CDS, learn about CDS admission events, and apply and track your progress toward application completion.

Annual Giving

Annual giving is a vital source of support for Carolina Day programs, materials and opportunities that allow students to experience an exceptional education. Parent participation at a level consistent with your ability is a key component of community involvement.

Financial Aid

Financial aid awards are available to applicants to grades K-11 and are based on need. Financial aid and admission are separate processes, but must be done simultaneously if a family anticipates needing aid. Visit the Financial Aid page of our website for more information.



CAROLINA DAY SCHOOL

To learn more about the Upper School at Carolina Day and how our students are learning for life, visit our website at **carolinaday.org** or call **828-407-4442**.