

Senior Plan CCR 2016-2017



Skyridge High School

Quick Tips

PHONE NUMBERS

Main Office	801-610-8820
Main Office Fax	801-766-3580
Counseling	801-610-8821
Counseling Fax	801-766-3580
Attendance	801-610-8820
Finance	801-610-8820

COUNSELORS

A-CHI	Lynn Meek	X 773	ameek@alpinedistrict.org
Chr-GL	Jennifer Lewis	x777	jenniferlewis@alpinedistrict.org
Gn-Kel	Heather Bearden	x774	hbearden@alpinedistrict.org
Kem-Ni	Michelle Porcelli	x775	mporcelli@alpinedistrict.org
No-Sma	David Gause	x776	dgause@alpinedistrict.org
Smi-Z	Tim Blatter	x778	timothyblatter@alpinedistrict.org

SUPPORT STAFF

Secretary	Tina Smith	801-610-8821	
Scholarships	Jill Fielding	801-610-8821	
Registrar	Leslie Smith	801-610-8824	lesliesmith@alpinedistrict.org

HELPFUL WEBSITES

www.shs.alpinedistrict.org

<http://alpineschools.org/family-portal/>

www.alpineschools.org

REMIND 101 SIGN UP: #: 81010 TEXT: @SHSGRADS17

IMPORTANT DATES

Calendar 2016-17

(confirm dates on college websites)

Fall:

Attend your Plan CCR; check graduation progress, college admission requirements and deadlines.
Keep grade up for highest GPA and class rank for college admission and scholarships. Join National Honor Society if qualified
Attend "You CAN Pay for College" event. For more info visit www.stepuputah.com
Attend Skyridge's Utah College Tour Day on Friday, October 28th
ACT Test Date: see www.actstudent.org for test dates and deadlines
SAT Test Dates: see www.collegeboard.org for test dates and deadlines
Male students must register for selected service on 18th birthday to be eligible for federal financial aid
Find out about scholarships and apply for them.
Meet with counsel office to verify transcript (after quarter 1 grades post) and complete recommendation letters at least two weeks before due date
Apply for admission to various colleges. Find out about college scholarships and apply for them
*Attend College Awareness Weeks and apply to colleges during Skytime or Lunch – listen to announcements for what college will be here which day (November 8-11 and 15-18)
Regents Scholarship applications available: <http://stepuputah.com/regentsscholarship/> (1st deadline Dec 9)
Most priority college deadlines: November 1, 2016 or December 1, 2016 APPLY EARLY

Winter:

Take and pass the Civic Test! (found in Skyward)
Priority admission deadline for UofU, SUU, BYU for fall 2016: December 1, 2016
Many out of state colleges have a deadline of November 1, 2016
FAFSA forms are available January 1, 2017
Scholarship priority deadline for Weber State University for fall: January 2017
Send mid-year grade reports to colleges if needed
Academic scholarship deadline for UVU: February 1, 2017
Admission deadline for Dixie: 2 weeks before classes begin
Academic scholarship deadline for Dixie: March 1, 2017
Make sure to apply to more than one college. Choose at least 1 college that you can afford and will accept you

Spring:

Admission deadline for USU and UofU: April 1, 2017
Look for college admission decisions and financial reward letters
Visit the college where you have been accepted
Apply for other scholarships - research – they are out there
Work, fundraise, earn money for college however you can
Graduation: May 2017
Complete follow-up paperwork for the college of your choice (scheduling, orientation session, housing arrangements, and other necessary forms)

Summer:

Participate in your college's orientation and registration for classes
Send in final transcripts to your college if needed
Don't forget Skyridge – We are proud of you whether doing 1,2 or 4 year Higher Ed choice or following an occupational route, mission, military, MATC, peace corps, etc. You did it!



Senior Checklist

Register for the October ACT

This is the last ACT you can take to have your score back by Dec1 = priority admission deadline. Many schools have later admission deadlines. Consider taking the December ACT as well

Are you planning on playing sports in college? Are you NCAA qualified?

Go to www.eligibilitycenter.org to see if you qualify.

Are you planning on serving a religious mission/peace corps, etc. before attending college?

It is recommended that you apply to college now! All the state colleges/universities will defer your admissions and scholarship awards. You will defer at the end of the year, after receiving your mission call.

Create an educational resume – Senior Brag Sheet

*include specific details about you, list of awards, recognitions, classes, grades, performances (athletic, creative, or other), and important things about your personality, accomplishments, and character

visit www.UtahFutures.org or www.bigfuture.collegeboard.org

explore what career would match your profile interests. Good interest inventory!

Get on the road and visit some colleges, universities, MATC, and more

Narrow your selection to 2-3 final choice – don't rule out prestigious schools because of financial need' any of them offer full need-based scholarships

Letter of recommendations for scholarships

Make multiple copies

Give your teacher, scout leader, etc. at least two weeks notice

Bring the 'senior brag sheet' to help them know of your accomplishments

Follow up with a thank you note

Prepare any portfolios, audition tapes, writing samples, etc.

If you are planning to apply for talent scholarships, research dates of auditions.

Research the Application & Scholarship Requirements for top 3 school choices

Use the college websites to research all scholarship opportunities and deadlines

- Research all Scholarship options:** www.scholar=box.com, www.fastweb.com, www.bigfuture.collegeboard.org

- TAKE AND PASS the Civics Test found in Skyward**

- Come prepared during COLLEGE AWARENESS WEEK to apply. Bring info sheet and a way to pay application fee**

Apply on the school's website

Follow all directions and deadlines

Pay application fee

Have applications completed by priority deadline – December 1st for most schools

- Request official high school transcripts from the counseling office (after quarter 1 grades have posted)**

You will mail these to your perspective colleges

Have you received college credit through concurrent enrollment? Send an official college transcript once that credit posts

- Reserve housing at the school you plan on attending**

Discuss finances with parents – what is the plan to pay for college?

Is it all your responsibility?

Are your parents planning to pay for part/all of your tuition/housing/food/books/fees

Will you qualify for scholarships?

Will you qualify for federal financial aid? (FAFSA)

Will you be working while you go to college? How many hours a week?

- Apply for financial aid (FAFSA) – First day to fill out FAFSA is January 1, 2017**

*Use the FAFSA4caster to estimate your financial aid

Encourage parents to get tax forms together and get taxes done ASAP

*www.FAFSA.ed.gov – apply online beginning January 1

*Your FAFSA score is also used to see if you qualify for financial need scholarships

Wait for admission and scholarship offers and accept them by the deadline. Keep working in your classes, grades and courses still count! GRADUATE!

Link to all Utah Colleges and Applications:

<http://www.utah.gov/education/colleges.html>

Utah Colleges:

BYU: www.byu.edu and www.besmart.com

BYU Idaho: www.byui.edu and www.besmart.com

Dixie State College: www.dixie.edu

LDS Business College: www.ldsc.edu

Salt Lake Community College: www.slcc.edu

Snow College: www.snow.edu

Southern Utah University: www.suu.edu

University of Utah: www.utah.edu

Utah College of Applied Technology: www.ucat.edu

Utah State University: www.usu.edu

Utah Valley University: www.uvu.edu

Weber State University: www.weber.edu

Westminster: www.westminstercollege.edu

Financial Aid/Scholarship/Jobs

Big Future: www.bigfuture.collegeboard.org

College Answer: www.wiredscholar.com

FAFSA: www.fafsa.ed.gov

Fast Web: www.fastweb.com

Federal Student Aid: www.ifap.ed.gov

Higher Ed: www.highered.utah.org

Majors Guide: www.utahmajors.org

Online Colleges & Degrees: www.universities.com

Step Up Utah: www.stepuputah.com

Utah Careers: www.utah.gov/careers/

Utah College Board: www.collegeboard.org

Utah College Housing: www.Utahcollegehousing.com

Utah Educational Savings Plan: www.uesp.org

Utah Futures: www.utahfutures.org

Utah Scholars: www.utahscholar.org

You Can Go: www.youcango.collegeboard.org

ACT/SAT INFORMATION & TEST DATES

ACT/SAT TESTING: Colleges and Universities require an entrance exam for admissions. Registration for testing is done on-line. Taking the ACT or SAT test is dependent on your choice of college. The ACT is more subject-based and focuses on material students have learned in high school while the SAT is more of an aptitude test that assesses a student's reasoning skills. Utah College and Universities require the ACT

ACT Test Dates:

online registration: www.actstudent.org

Cost: ACT (no writing): \$42.50

ACT (plus writing): \$56.50 (writing is not required and can HELP or HURT your score)

Late Registration: +\$25

Test Date	Registration Deadline	(Late Fee Required)
September 10, 2016	August 7, 2016	August 8-19, 2016
October 22, 2016	September 16, 2016	September 17-30, 2016
December 10, 2016	November 4, 2016	November 5-18, 2016
February 11, 2017*	January 13, 2017	January 14-20, 2017
April 8, 2017	March 3, 2017	March 4-17, 2017
June 10, 2017	May 5, 2017	May 6-19, 2017
*No test centers are scheduled in New York for the February test date.		

Many colleges offer ACT prep classes. Contact them directly.

2016-17 SAT Administration Dates and Deadlines

Test Date	Normal Deadline	Late Registration*
January 21, 2017	December 21, 2016	January 10, 2017
March 11, 2017	February 10, 2017	February 28, 2017
May 6, 2017	April 7, 2017	April 25, 2017
June 3, 2017	May 9, 2017	May 24, 2017

ACT Test Preparation

Visit <http://www.shmoop.com/utah/>

Find Skyridge High School from the list of high schools

Click "Let's Go"

Answer "YES" if you have ever created a Shmoop account for yourself

Answer "NO" if you have never signed into Shmoop

Enter Magic Word: ARCHES



Scholarships/Financial Aid

- 1) Take the ACT and/or SAT I & II exams. Check www.utahfutures.org or check online to see if the college of your choice prefers one of these tests to the other
- 2) Several Utah colleges have priority deadlines and many out-of-state colleges have early admission deadlines. Make sure to meet these deadlines
- 3) Have your parents check with their employers, credit union, labor unions, civic clubs and other organizations where scholarships may be offered to member's children
- 4) Be aware that students must be admitted to the college before scholarships can be awarded
- 5) Campus visit can be set up with schools that interest you. Take advantage of all the great programs colleges have for weekend activities to get a feel for your colleges of interests
- 6) Talent awards in the area of music, dance, theater, and art usually require auditions and portfolios. Check with the high school individual departments and college departments to apply for these scholarships
- 7) Athletic scholarships are handled through NCAA clearinghouse at www.eligibilitycenter.org If you have questions check with the Skyridge High Counseling Center
- 8) Financial aid such as grants, loans, and work study programs may be applied for after January 1st. Many scholarships require you to complete the FAFSA form. Visit www.fafsa.ed.gov This is a FREE online application
- 9) Letters of recommendation are required for some scholarships and awards. Please give ample time to complete letters to those you ask. "Requesting a Letter of Recommendation" forms are available in the counseling center. This form can be filled out once and copied.

- 10) Scholarship opportunities will be posted on the counseling website, Go to www.shs.alpineschools.org under counseling, and then scholarships
- *Regents Scholarship: <http://stepuputah.com/regentsscholarship/>
 - *New Century Scholarship: <http://stepuputah.com/newcenturyscholarship/>
 - *Utah CTE Scholarship: www.utahfutures.org

What is Financial Aid

Tuition and fees are what a school charges you for your education. It may include the cost of computer labs and athletic facilities, but often does not include books or other material you will need. You will need to research the cost of attending college. Financial aid is the money you receive from a variety of sources to cover the cost of your education. More people are eligible for some kind of financial aid. The financial aid sources available to a student attending college in Utah include:

FAFSA (Free Application for Federal Student Aid)

Grants – are need-based forms of financial aid that do not have to be repaid

Loans:

A loan is a form of financial aid that must be repaid with interest. The main loan options are student loans, parents loans, and private loans.

Work Study:

Work study provided students with employment opportunities both on and off campus. Participation in a work-study program is typically based on the student's financial need.

Save \$:

The good old fashioned way of paying for college: Work and save your money. Many student work throughout college and make connections, while building a resume

Skyridge College & Scholarship Application Weeks!

**November
8-11 and 15-18**



College Reps Schedule for November (come to lecture halls during Skytime):

8 th = USU	9 th =Dixie
10 th =SUU	11 th =UofU
15 th =UVU	16 th =Weber/SLCC/Westminster
17 th =Snow	18 th =BYU

During this week all seniors will be completing at least one college application or scholarship applications. Come prepared with the following:

*driver's license #

*social security number (if you don't have one, you can still go to college)

*a way to pay for the admission fee (don't let the cost of the application fee stop you from applying. Some colleges will be waiving their application fee during that week)

Do some research before the week and decide where you are interested in applying and what scholarships you want to apply for.

Student Services

Mental Health is as important as important as physical health to a person's quality of life and directly impacts learning and development.

People cannot learn effectively if they are struggling with mental health problems such as depression, anxiety, or feel overwhelmed by academic, social, or family pressures. It is important to recognize that mental health is not simply the absence of mental illness; it also means having the coping skills to deal with life's challenges. (NASP, Removing Barriers to Learning)



Examples of Stress include:

Anxiety

Bullying

Family Problems

Depression

Learning Disabilities

Eating Disorders

Alcohol and/or substance abuse

Self injury behavior and/or suicidal thoughts

If you or a friend experience any of the above stressors, please let a parents, counselor, teacher, administrator, or school psychologist know

For after school hours, you can call 801-691-(LIFE) 5433

For referral to HOPE Squad see Ms. Bearden in the Counseling Office

For other issues, set up an appointment with your counselor

Behind Credit?

The best option is to be enrolled in our Digital Curriculum Class: see your counselor for specifics

Where to make up credit:

East Shore High School = 1 packet = .125 credit (2 packets = .250 credit, 4 packets = .50 credit) \$110 to enroll and \$10 a packet
You sign up and pay online. You test on every packet and set up a time with our proctor here at Skyridge.

www.eastshoreehs.com

801-227-2440

BYU Independent Study: Approximately \$136 per .50 credit course

www.elearn.byu.edu 800-914-8931

Electronic High School (last day to request a course is Dec 2016 = they close their doors FOREVER in May 2017)

Free www.ehs.uen.org



Polaris High School: An alternative to attending Skyridge. You must have counselor and admin approval to apply.

www.alpineschools.org 801-610-8180

Summer School: This is a GREAT way to make up credit. Sign up in the Spring. Confirm with your Counselor what classes you need to take. Cost: \$25 per class (.25 credit)

Skyridge Counseling Calendar

(as of 9.16 – stay tuned for updates)

September:

8 = CCR Sign ups on Online Scheduler Available

12 = CCR appointments begin for 12th grade

14 = Parent/Teacher Conference

October:

26 = Last Day of Term 1

27 = First Day of Term 2

28 = College tour day for Seniors 8-10:30 am

31 = Halloween! Come Trick-or Treat in our offices

November

3 = FAFSA Night

8-12 College & Scholarship Application Week

15-18 = College week continued

January

10 = Last Day of Term 2

11 = First Day of Term 3

26 = 8th Grade Night

February

8 = College Fair

15 = ACT Prep

28 = Reality Town for 9th grade

28 = ACT Test 11th Grade

March

16 = Last day of Term 3

17 = First day of Term 4

April

--- Civics Test (take and pass by end of April please!)

May

18 = Evening of Excellence Scholarship Program for Seniors

26 = Graduation at BYU Marriott Center 12:30 pm

