

Diamond Fork Junior High School
2016-17



High School, College, and Career Planning

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Graduation Requirements for High School

Spanish Fork High School	Maple Mountain High School
<u>Language Arts (English)</u> <u>4.0</u>	<u>Language Arts (English)</u> <u>4.0</u>
English 9 English 10 English 11 Elective (English 12, foreign language, etc)	English 9 English 10 English 11 Elective (English 12, foreign language, etc)
<u>Math</u> <u>3.0</u>	<u>Math</u> <u>3.0</u>
Secondary Math 1 Secondary Math 2 Secondary Math 3	Secondary Math 1 Secondary Math 2 Secondary Math 3
<u>Science</u> <u>3.0</u>	<u>Science</u> <u>3.0</u>
Earth Systems, Biology, Chemistry, Physics, other science elective	Earth Systems, Biology, Chemistry, Physics, other science elective
<u>Healthy Lifestyles</u> <u>2.0</u>	<u>Healthy Lifestyles</u> <u>2.0</u>
Participation Skills Fitness for Life Health PE Elective	Participation Skills Fitness for Life Health PE Elective
<u>Social Studies</u> <u>3.0</u>	<u>Social Studies</u> <u>3.0</u>
Geography World Civ U.S. Studies U.S. Gov & Cit Elective (Psychology, Sociology, etc)	Geography World Civ U.S. Studies U.S. Gov & Cit Elective (Psychology, Sociology, etc)
<u>Fine Arts</u> <u>1.5</u>	<u>Fine Arts</u> <u>1.5</u>
Art, Drama, Band, Orchestra, Choir, Photo, etc.	Art, Drama, Band, Orchestra, Choir, Photo, etc.
<u>Career & Technical Ed.</u> <u>1.0</u>	<u>Career & Technical Ed.</u> <u>1.0</u>
Foods, Child Dev, Teen Living, computers, photo, Woodshop, Tech, Welding, Mechanic, etc.	Foods, Child Dev, Teen Living, computers, photo, Woodshop, Tech, Welding, Mechanic, etc.
<u>Information Tech</u> <u>0.5</u>	<u>Information Tech</u> <u>0.5</u>
Computer Tech or Computer Science	Computer Tech or Computer Science
<u>Financial Literacy</u> <u>0.5</u>	<u>Financial Literacy</u> <u>0.5</u>
<u>Electives</u> <u>13.5</u>	<u>Electives</u> <u>7.5</u>
<u>TOTAL Credits to Graduate</u> <u>32.0</u>	<u>TOTAL Credits to Graduate</u> <u>26.0</u>

Utah Scholars Award <https://stepuputah.com/id/students/utah-scholars-the-first-step-to-college/>

The **Utah Scholars Initiative** is a high-impact academic program intended to motivate students to complete a defined curriculum while in high school to better prepare them for college and future employment. We focus on helping students understand the academic preparation needed to succeed in higher education and the workforce.

Students hear about Utah Scholars through 8th grade presentations, given by volunteers from local business, community, and education leaders. Our volunteers talk to students about why to go to college, what they can do now to prepare for college, and how to pay for it.

Utah Scholars students follow a defined curriculum that exceeds the state's current graduation requirements, but still leaves lots of time for electives. Students who graduate with the Utah Scholars distinction receive a certificate, a medallion to wear at high school graduation, and are set up to apply for scholarships. Must maintain a +3.0 GPA.

Regents' Scholarship <https://stepuputah.com/regents scholarship/>

The Regents' Scholarship encourages Utah high school students to prepare for college academically and financially by taking a core course of study and saving for college. The scholarship may be used at any public college or university in the Utah System of Higher Education, as well as at BYU—Provo, LDS Business College, and Westminster College.

The Regents' Scholarship may be modified each year as a result of legislation. It is important that you use the Regents' Scholarship page as your resource for the most up-to-date information. The Program Guide is updated each spring in April.

Base Award (up to \$1,000, one-time payment)

- Complete the required courses listed on page 4 during grades 9-12.
- Earn a 3.0 cumulative high school GPA.
- Earn no grade lower than a "C" in the required courses (AP/IB/CE courses are weighted).
- Submit at least one ACT test score (Residual ACT tests and the SAT are not accepted).

Exemplary Academic Achievement Award (up to \$1,250 per semester, for up to four semesters, based on performance) In order to qualify for the Exemplary Academic Achievement Award, you must qualify for the Base Award, in addition to meeting the following requirements:

- Earn a 3.5 cumulative high school GPA.
- Earn no grade lower than a "B" in the required courses (AP/IB/CE courses are weighted).
- Submit an ACT score of 26. (Residual ACT tests and the SAT are not accepted).

Utah Educational Savings Plan Supplemental Award (max. value \$400) www.uesp.org

To be considered for the Utah Educational Savings Plan (UESP) Supplemental Award, you must qualify for the Base Award, in addition to meeting the following requirements:

- Have a UESP account in your name.
 - For each year during the ages of 14-17 that at least \$100 is contributed to your UESP account, you can earn a matching UESP Supplemental Award of \$100.
- To earn the maximum UESP Supplemental Award of \$400, contribute at least \$100 per year for four years to your UESP account when you are 14, 15, 16, and 17 years old.

The UESP Supplemental Award is added to your total Regents' Scholarship; it is not deposited into your UESP account. Visit www.uesp.org for more information regarding the Utah Educational Savings Plan.

A list of approved courses for the Regents' Scholarship follows on the next page. This changes yearly. Please check their website.

- * Concurrent Enrollment (CE) courses are those in which you take the college course and receive credit for high school & college.
- * Advanced Placement (AP) courses are those in which you can earn college credit by taking the course and then the AP tests.

Regents' Scholarship Approved Courses

ENGLISH 4 credits

Courses that DO satisfy the English requirement:

All Required:

Language Arts 9
Language Arts 10
Language Arts 11

One required:

Language Arts 12
AP English Language
AP Literature and Composition

The following Concurrent Enrollment (CE)* courses:
English 1010 CE, English 2010 CE

NOTE: ESL coursework that shows progression into standard core courses is evaluated on an individual basis.

MATH 4 credits

In order to satisfy the Regents' Scholarship math progression, you need to complete 4 progressive credits of math

All Required:

Secondary Math 1
Secondary Math 2
Secondary Math 3

One Required:

One math course at a higher level than Secondary Math 3
Pre-Calculus, AP Calculus AB or BC, AP Statistics,

The following Concurrent Enrollment (CE)* courses:
Math 1030: Quantitative Reasoning, Math 1210: Calculus 1,
Math 1040: Intro to Statistics, Math 1220: Calculus 2,
Math 1050: College Algebra, Math 2210: Calculus 3,

SOCIAL SCIENCE 3.5 credits

Courses that DO satisfy the Social Science requirement:

All Required: (2 credits)

World Civilizations (.5)
Geography for Life (.5)
U.S. History II

1.5 credits required:

United States Government & Citizenship,
Sociology, Utah Studies, World History, American Government &
Law, Current Issues, Anthropology, Social Science Economics, European History,
Introduction to Philosophy
AP US History, AP Human Geography, AP US Government and Politics, AP
Government and Politics: Comparative, AP Economics, AP Psychology, AP World
History, AP European History,
Only 1 of the following: Psychology, Sports Psychology, Psychology 1, Psychology 2

The following Concurrent Enrollment (CE)* courses:
Anthropology 1010, Economics 1010, 1500, 1740, and 2010,
Geography 1000, 1300, History 1100, 1110, 1500, 1510, 1700,
2700, and 2710, Philosophy 1000, Political Science 1100, 2060, and
2200, Psychology 1010 and 2500, Sociology 1010

SCIENCE 3 credits – specifically Biology, Chemistry, and Physics

Courses that DO satisfy the Science requirements:

Biology, AP Biology, Biology Agriculture, Human Biology,
Chemistry, AP Chemistry
Physics, Physics with Technology, AP Physics

The following Concurrent Enrollment (CE)* courses: Both CE courses must be completed – the lecture with the lab
Biology 1010 CE with 1015 CE
Chemistry 1010 CE with 1015 CE
Physics 1010 CE with 1015 CE

FOREIGN LANGUAGE 2 credits – 2 years of progressive foreign language

Spanish 1, 2, 3, 4, AP, Japanese 1, 2, 3, German 1, 2, American Sign Language 1, 2, 3,

YOU CAN GET COLLEGE CREDIT IN HIGH SCHOOL! THERE ARE 2 WAYS:

Advanced Placement (AP) Courses

www.collegeboard.org

The AP curriculum, administered by The College Board, consists of standardized high school courses that are roughly equivalent to undergraduate college courses. After completing an AP class, students typically take the AP exam in that subject, which can earn credits and accelerated placement in college.

The AP tests are scored on a 5-point scale. Many colleges and universities grant credit and placement for scores of 3, 4 or 5; however, each college decides which scores it will accept. The AP exams cost \$93 each. The exams are given each spring. Check the high school counseling office for the testing schedule.

The College Board also gives an award to students who demonstrate exemplary achievement with AP tests. This is called the AP Scholar Award. For information about award criteria, go to: www.collegeboard.org/apscholar.

Concurrent Enrollment (CE) Courses:

<https://www.uvu.edu/concurrent/>

Concurrent Enrollment is a Utah Valley University - High School partnership program where qualified students earn college credit. College classes are taught at the high school by UVU-approved high school instructors using college curriculum and assessment. The Concurrent Enrollment Office, UVU Academic Departments, and the partnering high schools work closely together to uphold the academic quality of each course.

CE Classes only cost \$5 per credit hour = \$15 for a 3 credit hour class instead of \$800! Saves \$\$\$

Concurrent Enrollment BENEFITS FOR STUDENTS:

- Efficient transition from high school to college
- Time and money saved
- Access to academic advisors
- Opportunity for a more productive senior year
- Introduction to college policies, procedures, and environment
- Experience and confidence to succeed in higher education
- Generate an official college transcript
- Guaranteed system allowing transfer of credit
- Opportunity to complete GE classes allowing for earlier participation in major
- Access to university tutoring, labs, and library

You may sign up for Concurrent Enrollment in 11th and 12th grades. Some students may sign up in 10th grade with a "Sophomore by Exception" application. You will need to talk to your high school counselor or someone in the Concurrent Enrollment office at UVU.

You need to have good grades (3.0+ GPA) starting in 9th grade. You need to take the Accuplacer.

There are 2 ways to get College Credit while taking the class in high school:

Concurrent Enrollment = college approved high school class with the high school teacher + credit for both high school graduation and college graduation. These classes are taught at the high school or at the ALC. In the high school class guide books these classes have a CE designation.

Distance Education = college class with the college professor + credit for both high school graduation and college graduation. These classes are only taught at the ALC.

Advanced Learning Center (ALC)

www.alc.nebo.edu

570 S. Main Springville, UT 84663 801-489-2833

The ALC serves high school-aged students in grades 10-12, offering a wide variety of advanced learning opportunities. You can start preparing for ALC courses in 9th grade. Most of the ALC courses are either concurrent enrollment or distance education classes through UVU. Please visit with your school counselor for more information about ALC and college level classes.

What is the difference between AP & Concurrent Enrollment classes?

Advanced Placement courses or "AP" as they are referred to on school schedules are classes that offer college credit if an Exam is passed at the end of school year. The exam costs \$85 and can only be taken once.

Concurrent Enrollment courses are taught "concurrently" at the high school and college level by high school instructors. The college has to approve the instructor and the course. Credit is earned by passing the course. There is a fee of \$5 per semester credit hour taken that is paid to the university.

Distance Learning courses or Live Interactive courses are classes that involve live, two-way video conferencing with the UVU campus ALC. The class is taught by a UVU professor. Credit is earned as a Concurrent Enrollment class.

Can 9th grade students take classes?

Yes, but only courses available and assigned through the on-line school. A monitored computer lab will be available from 7:30 am to 3:00 pm each day school is in session. Please visit with your school counselor for more information. This can be a great help for 9th grade home schooled students that plan to attend and graduate from a public high school.

Associates Degree

Students can work toward a College Associates Degree while in high school. This requires a major focus on academics. Students will need to take concurrent enrollment, distance education, and AP courses from 10th to 12th grade. Students must complete all of the high school graduation requirements as well as the Associate Degree requirements before graduating high school. There are 60 required college credits including English, Math, History, Philosophy, Health/PE, Humanities, Social Science, Fine Arts, Biology, and 2 Physical Science.

To start this program contact ALC Counselor Mrs. Pukahi at annette.pukahi@nebo.edu or 801-489-2833

Utah County Academy of Sciences (UCAS)

www.ucas-edu.net

UCAS is an Early College High School on UVU campus. Students have the opportunity to take high school concurrent enrollment as well as UVU on-campus courses. UCAS is a great program for students focused on academics, specifically, college coursework. Because of our small campus many students who do not do well in a traditional social setting can thrive at UCAS. UCAS is designed specifically for those students who excel in STEM - science, technology, engineering, and mathematics.

Additional Programs

Work-Based Learning - Internships

Students who have a particular career goal in mind have the opportunity of gaining experience directly in their field of interest. The work-based learning program helps students find businesses in their community to be placed for a quality internship experience. You can do this program in 11th and 12th grades. Ask for more information in the high school counseling office.

Apprenticeships

Apprenticeship programs are composed of two parts - 1. On the job training and 2. Classroom instruction. Students locate their own work sponsors. They can talk to someone they know or look for apprenticeships through the DWS (Department of Workforce Services) or other avenue.

The MATC also has apprenticeships in the following careers: Electrical, Plumbing, and HVAC. For more information please contact the MATC.

MountainLand Applied Technology College (MATC)

www.mlatc.edu

The MATC's primary mission is to train the workforce for our local employers. The MATC trains students so they can get a job or start a career. Certificates and Licensures are needed for careers and jobs that require proof of skill based on knowledge rather than a degree. Students earn these at MATC.

MATC offers quality hands-on training in a variety of technical and trade career paths to choose from. Some of these programs are: apprenticeships, automotive, computer systems, cosmetology, culinary arts, dental, digital media, emergency health care, health care, manufacturing, transportation, welding, and mechanic.

High School Students are welcome at the MATC. Students should consult with their high school counselor regarding their plans to attend MATC. High School Students pay no tuition, but are responsible to pay any fees associated with the program. Students can continue at the MATC after high school graduation. They will then pay college tuition as an adult learner.

Utah Futures:

www.utahfutures.org

UtahFutures can help you be more prepared for the college & career options on your path to success. You can find out more about yourself, colleges, occupations, and how to prepare for college admission tests.

Take Interest inventories: Reality Check, Career Cluster Inventory, Bobilator, and World of Work Research: Colleges, College Programs of Study, Careers, Scholarships, and Occupations
Practice: ACT, SAT, and AP tests
Career Prep: Create a resume, find an internship or job shadow, and learn interview skills

Want to be a College Athlete? You must follow NCAA guidelines.

NCAA (National Collegiate Athletic Association) Core Requirements

NCAA Division I requires 16 core courses as of August 1, 2016. This rule applies to any student first entering any Division I college or university on or after August 1, 2016. See the chart below for the breakdown of this 16 core-course requirement. GPA and ACT/SAT requirements are on a sliding scale.

16 Core Courses:

- 4 years of English
- 3 years of Math (Algebra 1 or higher)
- 2 years of Science
- 1 year additional English, Math, or Science
- 2 years Social Studies
- 4 years additional courses (from any area above, foreign language, or non-doctrinal religion/philosophy)

All ACT or SAT scores must be reported directly to the NCAA Eligibility Center by the testing agency. Test scores that appear on transcripts will not be used.

NCAA phone: 1-877-262-1492 NCAA website: www.ncaa.org (click on Eligibility Center-Athletes Register here)

Visit www.eligibilitycenter.org or www.2point3.org for more information.

Want to take some classes online? (Classes you do on your own time)

Utah Students Connect www.nebo.edu

Listed below are the courses that are generally taught each term. Please be aware that courses may be cancelled due to low enrollments. Full year classes are harder to take. The best options are semester classes. Each term is about 10 weeks to complete.

- Language Arts 9
- Language Arts 10
- Language Arts 11
- Language Arts 12
- Secondary Math 1
- Secondary Math 2
- Secondary Math 3
- Earth Systems
- Biology (No Lab)
- Chemistry (No Lab)
- Physics
- Geography for Life-Year Course
- Geography for Life-Semester Course
- U.S. History 2
- **U.S. Government & Citizenship**
- World Civilizations
- World Civilizations 2
- Art Foundations 2
- Art History and Criticism
- **General Financial Literacy**
- **Computer Tech/Science**
- **Participation Skills and Techniques (9th grade PE)**
- **Fitness for Life**
- **Health 2**
- **Driver Education**

*You can take Driver Education in the summer, which is the easier choice. You still have to take Road & Range at the high school.

Other Online Options:

- BYU Independent Study <https://is.byu.edu/>
- K-12 Online <http://www.k12.com/>
- Provo E-School <http://provo.edu/eschool/>

Other options are available. Please check their websites for more information.

Testing

Sage Testing - These exams are end of level testing, done every year. This helps place in honors classes for 9th grade. It is also good practice for the ACT, SAT, and AP exams.

Civics Test - All students must pass this test to graduate high school.

AP - Advanced Placement Exams www.collegeboard.com

The AP courses are college level classes that challenge students academically and prepare them better for college classes. AP courses require the year end AP Exam for college credit. You do not need to take the AP exam if you only want high school credit. AP exams are administered in May each year. The AP exams cost \$86. If you get a score of 1 or 2 on the exam then you only get high school credit for the course. If you get a score of a 3, 4, or 5 on the exam then you get college credit and high school credit. The college credit transfers to any university in the country. You can take these tests in 10th, 11th, and 12th grades.

ASVAB - Armed Services Vocation Aptitude Battery www.military.com/join-armed-forces/asvab

This is the most widely used multiple-aptitude test battery in the world. The ASVAB measures your strengths, weaknesses, and potential for future success. It also provides career information for both civilian and military occupations. It is a good indicator of success in career fields. You can take this test in 12th grade.

Colleges and Universities require an entrance exam as part of their admissions process. Scores are used for admissions, scholarships, and course placement. Colleges use the ACT and/or SAT.

SAT - Scholastic Assessment Test www.collegeboard.com

This test is not required for Utah colleges and universities. If you plan to go out of state for college you may need to take this test. You should take the PSAT (practice) in 10th or 11th and the SAT in 12th grade. Some scholarships require the scores from this test. Check college and scholarship websites for requirements.

ACT - American College Test www.actstudent.org

You will take the Pre-Act (formally PLAN) in 10th grade. This will give you a good idea of how much practice you need. You will then take the **ACT test in 11th grade**. You can re-take the test up until the fall of 12th grade for college admissions. Some scholarships require the scores from this test. We suggest you take the test at least 2 times in Junior year and 1 time in the fall of Senior year. Colleges take your best score.

Things to know: This test is timed and it is fast - you need to go through it as quickly as possible so you can answer as many questions as possible. You get about 1 minute or less per question. Also, answer every question - make your best guess because wrong answers don't go against you on this test and you need more right answers to get a better score. The way to do better on this test = PRACTICE!!

ACT Preparation Resources:

*Spanish Fork City Library has practice tests - online and paper forms.

www.actstudent.org
www.utahfutures.org
www.petersons.com

www.kaplan.com
www.princetonreview.com
www.kaptest.com

www.number2.com
www.studyguidezone.com
www.march2success.com

College Admission Requirements

Colleges evaluate the following at entrance:

- **ACT** and/or SAT test scores
- **GPA**
- Difficulty of classes (Honors, AP, CE, DE)
- Service, Leadership, Extracurricular Activities, Clubs, Awards
- Essay, personal life experiences, hardship circumstances

High School Binder

We suggest you make a high school binder starting now. This will help you remember what you have done. Some examples are below. Make a separate section for Service, Clubs/Teams, Leadership, Projects, Awards

SERVICE HOURS:

What: helped with food drive

Where: DFJH

Date: Nov. 1, 2016

Hours: 3

What learned: Write a paragraph

What: tutor elementary students

Where: Park Elem.

Date: 2016-17 school year

Hours: 15

What learned: Write a paragraph

Service Checklist: Was the service completed? Did I get a letter? Did I take photos? Do I have a recommendation? Do I have contact information? Did I add up all of the hours?

CLUBS & TEAMS:

What: National Junior Honor Society

Where: DFJH

Date: 2016-17 school year

What learned: Write a paragraph

What: Intramurals

Where: DFJH

Date: 2016-17 school year

What learned: Write a paragraph

Ideas for Clubs & Teams: NJHS, LIA, Orchestra, Band, Choir, Drama, 4-H, Nebo After School clubs, sports teams, intramurals, Art club, CTE clubs, Boy Scouts, church groups

** In high school there are many clubs. Find some that go along with your career choice

LEADERSHIP:

What: Translated for parents at PTC

Where: DFJH

Date: 2/1/2017

Position: LIA member

What learned: Write a paragraph

What: Guide peers to set up goals

Where: DFJH

Date: 2016-17 school year

Position: Team Time Leader

What learned: Write a paragraph

PROJECTS: Keep track of major projects you do. Write down what you learned. Such as Rube Goldberg.

AWARDS: Keep track of all awards. Such as honor roll, music award, sports award, Presidential award, etc. Utah Scholars is also an award. Keep track of the name of the award, date, and place.

You can mix and match - some can count for a club, leadership, and service. Keep track of all you do.

Keep all service letters, recommendations, and awards in the binder.

Steps to Apply for College

1. Visit college website
2. Click on APPLY button
3. Determine your student status:
 - Associates or Bachelor Degree: You will be an undergraduate student, Freshman
 - * You are still considered a Freshman student if you took Concurrent Enrollment in high school but you will need to TRANSFER your credits to your new college.
4. Fill out the Admission Application and pay the application fee
5. You will need the following documents:
 - Official High School Transcript
 - Official ACT score from the ACT office
 - Official UVU college transcript if you took CE and/or DE classes
 - Social Security #, Driver's License #, and birthdate
6. You will need to talk to your college advisor.
7. You will need to attend college orientation.
8. Register for classes
9. Pay for classes – Tuition
 - If you have a grant, scholarship, or loan - the money will go directly to the school
10. Attend classes

If you are doing something before attending college – such as an LDS mission or military service then you may defer your enrollment. To defer enrollment you will follow steps 1-7 and then defer registration and payment. You will need to talk to the admissions office at the college.

To receive financial aid (grant, loan, or scholarship) you must apply for them during your 12th grade year of high school. You cannot miss the deadlines.

College Prep Timeline (Notice important items in 12th grade are in the fall not spring!)

Grade	Testing	Money & College apps	Rigor	Extracurricular
9 th	SAGE tests Practice the ACT	Look for Scholarships FAFSA4caster	Get good grades Take Honors or challenging classes	JOIN: clubs, teams, afterschool activities,
10 th	Pre-ACT, PSAT Practice the ACT	Look for Scholarships	Get good grades Take Honors or challenging classes	Do service projects
11 th	ACT – take twice, PSAT – take in fall Practice the ACT, SAT, and AP tests AP – take in spring	Look for Scholarships	Get good grades Take CE, DE, AP Take Honors or challenging classes	Boy Scouts NJHS, LIA, Band, Orchestra, Choir, Art, Peer Tutor, 4-H, Journalism, Yearbook,
12 th	ACT – take in fall SAT –take in fall AP – take in spring Practice the ACT, SAT, and AP tests	Fill out FAFSA in OCTOBER, COLLEGE Applications in NOVEMBER REGENTS in DECEMBER	Get good grades Take CE, DE, AP Take Honors or challenging classes	High School clubs, teams, etc

Determining College Fit and Affordability

There are many factors associated with picking the right college for you. Please consider the following:

Distance from Home	Housing	Support for 1 st
Size	Scholarships	Generation Students
Setting (Urban or Rural)	Financial Aid Awarded	Academic Support
Admissions Requirements	Extracurricular Activities	Services
Majors Offered	Campus Visit	School Culture
Tuition Cost	Opportunities	

Financial Aid

FAFSA – Free Application for Federal Student Aid

www.fafsa.gov

All students can apply for FAFSA. FAFSA is funded through the Federal Government. FAFSA gives grant money to qualified applicants. **Grant money is free money for college** – you don't have to pay it back. Grant money is only given to undergraduate students (Associates or Bachelor's Degrees). Grant money is given out as needed which means it is determined by income. Most families who make less than \$60,000 per year can receive federal grant money for college.

Student Loans is another way to get money for college. Student loans are also funded through the Federal Government. **Loans must be repaid.** Interest rates are generally low and you don't have to start paying them back until you finish college. You should apply for loans only after you first look for free money you don't have to pay back – such as grants and scholarships.

Federal **Work-Study** provides part-time jobs for undergraduate and graduate students with financial need, allowing them to earn money to help pay education expenses. These jobs are usually on the college campus.

Scholarships

Scholarships give free money to students to attend college. There are many types of scholarships. Some examples are: academic (good grades, good test scores), athletic (high school sports), artistic (art, music, dance), technology (computers, engineering), diversity (race, ability), and more.

Some scholarships are random – which means there is no qualification – just fill out the application and see if you win. There are many scholarships like this. Try them!

Scholarships can be funded through a private company or through a university. You can search for scholarships on any college website, any high school website, company websites, and scholarship search websites. Don't pay for scholarship lists – there are enough free ones to use!

Utah Educational Savings Plan (UESP)

www.uesp.org

UESP is a Section 529 plan administered and managed by the Utah State Board of Regents and the Utah Higher Education Assistance Authority (UHEAA). This is a college savings plan. It costs nothing to start. You get tax credits. You can add money each month through automatic deposit. You can then use this money for college tuition and other college costs. If you start the savings plan in 9th grade and save at least \$100 per year for the 4 years of high school then you can get an additional \$400 added to the Regents' Scholarship, if you qualify for the scholarship.

Important Websites

Scholarships & Financial Aid:

www.utahfutures.org
www.fafsa.gov
www.stepuputah.com
www.uesp.org

www.finaid.org
www.fastweb.com
www.nces.ed.gov/collegenavigator/

Maple Mountain Scholarship List: <http://mmhs.nebo.edu/node/85>

Spanish Fork Scholarship List:

<http://sfhs.nebo.edu/departments/counseling-office/grants-and-financial-aid>

Regents Scholarship:

www.stepuputah.com/regentsscholarship

www.higheredutah.org

www.stepuputah.com

ACT practice:

www.utahfutures.org
www.actstudent.org
www.petersons.com

www.kaplan.com
www.princetonreview.com
www.kaptest.com

www.number2.com
www.studyguidezone.com
www.march2success.com

Spanish Fork city library has practice tests both online and in paper form.

SAT & AP info. and practice:

www.collegeboard.com

www.utahfutures.org

College/Career Information:

www.stepuputah.com
www.utahscholars.org

www.higheredutah.org
www.utahfutures.org

Local High School Websites:

<https://sfhs.nebo.edu>

<https://mmhs.nebo.edu>

Utah College Applications:

<https://stepuputah.com/id/students/applying-to-college/>

Check the college websites for more information.

Nebo School District Four Year Planning Guide

MMHS 26 Credits for Graduation – 18.5 Required & 7.5 Elective

SFHS 32 Credits for Graduation – 18.5 Required & 13.5 Elective

The following classes are full year (1.0 credit unless otherwise indicated)

CE=Concurrent Enrollment; AP=Advanced Placement

9 th Grade - Freshman	10 th Grade - Sophomore	11 th Grade - Junior	12 th Grade - Senior
<p><u>Language Arts</u> (4.0 credits required to graduate)</p> <p>English 9 or English 9 Honors</p>	<p><u>Language Arts</u> (4.0 credits required to graduate)</p> <p>English 10 or English 10 Honors</p>	<p><u>Language Arts</u> (4.0 credits required to graduate)</p> <p>English 11 or English 11 Honors</p>	<p><u>Language Arts</u> (4.0 credits required to graduate)</p> <p>English 12 English 12 Honors AP English CE – ENGL 1010, &/or ENGL 2010 Elective English Classes</p>
<p><u>Math</u> (3.0 Credits required to graduate)</p> <p>Secondary Math I or Secondary Math I Honors</p>	<p><u>Math</u> (3.0 Credits required to graduate)</p> <p>Secondary Math II or Secondary Math II Honors</p>	<p><u>Math</u> (3.0 Credits required to graduate)</p> <p>Secondary Math III or Secondary Math III Honors</p>	<p><u>Math</u> (3.0 Credits required to graduate)</p> <p>Pre-Calculus Concurrent Enrollment – MATH 1050 AP Calculus AP Statistics</p>
<p><u>Science</u> (3.0 Credits required to graduate)</p> <p>Earth Systems or Biology or Agriculture Science</p>	<p><u>Science</u> (3.0 Credits required to graduate)</p> <p>Biology Chemistry Physics Agriculture Science Biology</p>	<p><u>Science</u> (3.0 Credits required to graduate)</p> <p>AP Biology Human Anatomy Physics AP Physics Chemistry AP Chemistry Agriculture Science Biology</p>	<p><u>Science</u> (3.0 Credits required to graduate)</p> <p>AP Biology or CE BIOL 1010 Human Anatomy Physics AP Physics or CE PHYS 1010 Chemistry AP Chemistry or CE CHEM 1110 Agriculture Science Biology</p>
<p><u>Social Studies</u> (2.5 Credits required to graduate) Required in 9th grade: Geography (.5 credit) & World Civilizations (.5 Credit) or Honors Geography (.5 credit) & World Civilizations (.5 Credit)</p>	<p><u>Social Studies</u> (2.5 Credits required to graduate) U.S. History or AP U.S. History</p> <p>Social Studies Electives (Psychology, Sociology, Sports Psych, AP European History, etc.)</p>	<p><u>Social Studies</u> (2.5 Credits required to graduate)</p> <p>U.S. History AP U.S. History U.S. Gov. & Citizenship. (.5 credit) AP U.S. Gov & Cit or CE POLS 1100 Social Studies Electives AP Psych, AP Euro Hist, other AP CE – PSY 1100, PSY 1010</p>	<p><u>Social Studies</u> (2.5 Credits required to graduate) Must take U.S. Gov. & Citizenship or AP U.S. Gov. & Citizen</p> <p>U.S. History AP U.S. History or CE HIST 1700 U.S. Gov. & Citizenship. (.5 credit) AP U.S. Gov & Cit or CE POLS 1100 Social Studies Electives</p>
<p><u>Healthy Lifestyles</u> (2.0 Credits required to graduate)</p> <p>Participation Skills (.5 credit) Health II (.5 Credit)</p>	<p><u>Healthy Lifestyles</u> (2.0 Credits required to graduate)</p> <p>Fitness for Life (.5 credit) Health II (.5 Credit)</p>	<p><u>Healthy Lifestyles</u> (2.0 Credits required to graduate)</p> <p>P.E. Electives – body cond, wt train, yoga, Zumba, running, or a HS sport</p>	<p><u>Healthy Lifestyles</u> (2.0 Credits required to graduate)</p> <p>P.E. Electives</p>
<p><u>Fine Arts</u> (1.5 credits required to graduate)</p> <p>Fine Arts Electives</p>	<p><u>Fine Arts</u> (1.5 credits required to graduate)</p> <p>Fine Arts Electives</p>	<p><u>Fine Arts</u> (1.5 credits required to graduate)</p> <p>Fine Arts Electives, CE ART 1010, MUSC 1010, THEA 1013</p>	<p><u>Fine Arts</u> (1.5 credits required to graduate)</p> <p>Fine Arts Electives CE ART 1010, MUSC 1010, THEA 1013</p>
<p><u>Career & Technical Education</u> (1.0 credit required to graduate)</p> <p>CTE Electives</p>	<p><u>Career & Technical Education</u> (1.0 credit required to graduate)</p> <p>CTE Electives</p>	<p><u>Career & Technical Education</u> (1.0 credit required to graduate)</p> <p>CTE Electives</p>	<p><u>Career & Technical Education</u> (1.0 credit required to graduate)</p> <p>CTE Electives</p>
<p><u>Information Technology</u> (.5 credit required to graduate)</p> <p>Computer Tech. (.5 credit) Computer Science (.5 credit)</p>	<p><u>Information Technology</u> (.5 credit required to graduate)</p> <p>Computer Tech. (.5 credit) Computer Science (.5 credit)</p>	<p><u>Business</u> (.5 credit required to graduate)</p> <p>Financial Literacy (.5 credit) or Adult Roles & Financial Lit. (.5 credit)</p>	<p><u>Business</u> (.5 credit required to graduate)</p> <p>Financial Literacy (.5 credit) or Adult Roles & Financial Lit. (.5 credit)</p>
<p><u>Elective Classes</u></p> <p>8.0/14.0 credits required to graduate</p>	<p><u>Elective Classes</u></p> <p>8.0/14.0 credits required to graduate</p>	<p><u>Elective Classes</u></p> <p>8.0/14.0 credits required to graduate</p>	<p><u>Elective Classes</u></p> <p>8.0/14.0 credits required to graduate</p>
<p><u>Foreign Language</u> (2.0 credits of same language for Regents &/or U of U admissions)</p>	<p><u>Foreign Language</u> (2.0 credits of same language for Regents &/or U of U admissions)</p>	<p><u>Foreign Language</u> (2.0 credits of same language for Regents &/or U of U admissions)</p>	<p><u>Foreign Language</u> (2.0 credits of same language for Regents &/or U of U admissions)</p>
<p>Seminary – no grad credit</p>	<p>Seminary – no grad credit</p>	<p>Seminary – no grad credit</p>	<p>Seminary – no grad credit</p>

Glossary of Terms:

Credit – One credit hour = one year long class in high school; 0.5 credit = ½ year class

GPA – Grade Point Average = It is calculated by dividing the total amount of grade points earned by the total amount of credit hours attempted. You will have a Term GPA and a Cumulative GPA. Colleges look at Cumulative GPA. (A=4.0)

Major in College - **Majors** are also called concentrations. An academic **major** or concentration is a main field of specialization during associates or undergraduate studies which would be in addition to, and may incorporate portions of, a core curriculum.

College Degrees & Certifications:

Certificate – training after high school for qualified careers (mechanic, welder, electrician)

Associates Degree – 2 years of college

Bachelor’s Degree – 4 years of college

Master’s Degree – additional 2-4 years of college after Bachelors

Doctoral Degree – additional 4-8 years of college after Bachelors

Professional License – a license required for some careers (counselor, lawyer)

Notes:
