

What's in Your Future?

Have your free CFNC.org account yet?

You will need an account for most of the monthly activities. It's fast and easy—just follow the instructions at CFNC.org.

CFNC Username: _____

CFNC Password Hint: _____

It's best not to write your actual password here, just a hint to remind you.



Sophomore Progress Check

So now you're a sophomore! It's the start of a new year—new classes, new books, new challenges. If your freshman year went well, then you will be building on those successes. If it didn't go so well, this is your chance for a fresh start. Take a minute to take stock of where you are:

My current GPA: _____ My year of graduation: _____

Major accomplishments in ninth grade: _____

When I graduate from high school, I want to: _____

Now take a minute to think about a few things you'd like to accomplish during your sophomore year. Maybe there are some things you'd like to improve (e.g., grades, soccer skills, playing guitar). Albert Einstein was quoted as saying that the definition of insanity is "doing the same thing over and over again and expecting different results." So what will you do differently this year to make your goals a reality?

Note a few goals: _____ What it will take to accomplish them: _____

This is also a good time to check on how you are progressing toward meeting high school graduation requirements and college entrance requirements. Ask your counselor for 1) a copy of your high school transcript and 2) a list of your high school's graduation requirements. Take a look at the table below for some details on UNC Minimum Course Requirements. In the left column, record how many courses you have already completed.

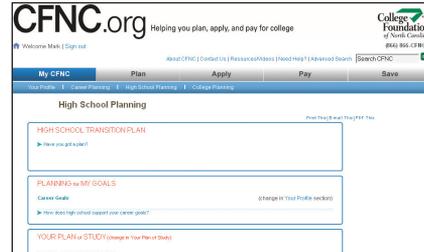
UNC Minimum Course Requirements (MCR)		
English ____	4 courses	
Math ____	4 courses in any of these combinations: <ul style="list-style-type: none"> Algebra I and II, Geometry, and one unit beyond Algebra II Algebra I and II, and two units beyond Algebra II Integrated Math I, II, and III, and one unit beyond Integrated Math III 	If you complete Algebra I in 8th grade, it counts toward the UNC Minimum Course Requirements.
World Language ____	2 courses in a language other than English	If you only plan to take two world language courses, it's recommended to take them during 11th and 12th grades.
Science ____	3 courses, including: <ul style="list-style-type: none"> a unit in a life or biological science, such as biology a unit in physical science, such as chemistry, physics, or physical science a laboratory course 	
Social Studies ____	2 courses, including one unit in U.S. History	

*Minimum GPA is 2.5, minimum SAT is 800 (mathematics and critical reading combined), and minimum ACT is 17. Find more details on specific colleges at CFNC.org.

August 10th Grade

Use the My CFNC “High School Planning” tool at CFNC.org to keep track of all your courses, activities, and honors. The CFNC planner offers several advantages:

- You can view and print your plans from a single place.
- Some information you enter will automatically be transferred into your applications when you apply to colleges online from CFNC.org.
- You can compare your plan with the admissions requirements at all the colleges in North Carolina to make sure you are on track.



Go to the “High School Planning” tool at CFNC.org to update your courses, activities, and honors. Need to do some more detailed course planning? Use the following chart to plan for courses you will need each year to graduate from high school and to meet college admissions requirements.

	Fall	Spring	Summer
10th grade English Math Science Social Studies World Language Computer Skills Health/Physical Education Career/Technical JROTC or Arts Education Electives			
11th grade English Math Science Social Studies World Language Computer Skills Health/Physical Education Career/Technical JROTC or Arts Education Electives			
12th grade English Math Science Social Studies World Language Computer Skills Health/Physical Education Career/Technical JROTC or Arts Education Electives			

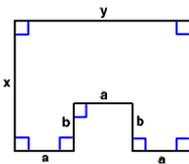
What are the PSAT and the PLAN?

Maybe you've heard your friends talk about taking the PSAT or the PLAN during their sophomore year. Both of these tests are usually offered during the school day at your school and are administered in October. The Preliminary SAT (PSAT) measures verbal reasoning as well as critical reading, writing, and mathematical skills. The PLAN measures academic progress in core high school courses including math, English, reading, and science. Each test is divided into sections and takes approximately two hours to complete. The PSAT allows you to familiarize yourself with the types of questions found on the SAT, and the PLAN prepares you for the ACT. Both provide valuable feedback for areas where you might benefit from additional study or practice.

Try a few sentence completion and math questions like you will find on the PSAT:

Answers at bottom of page

- The teacher worried that her student's _____ complexion was a sign of ill health.
A. pallid B. disconsolate C. maladroit D. hale E. morose
- Although public opinion polls are now the guiding light of political campaigns, occasionally _____ politician tries to shape public opinion rather than follow it.
A. an unscrupulous B. a desperate C. a losing D. an ambitious E. an experienced
- The sum of the measures of the 3 angles in a triangle is 180° . If the measure of one angle in a triangle is 40° , which of the following could NOT be the measure of another angle in the triangle?
A. 1° B. 40° C. 90° D. 99° E. 141°
- Which of the following is equal to the perimeter of the figure below?
A. $3a + 2(b+x) + y$ B. $3a + 2b + x + y$ C. $3(a+b) + x + y$ D. $3(a+b) + 2(x+y)$ E. $2(x+y)$



Tip

Use your score report from either of these tests to target areas where you need more courses, extra tutoring, or more study time. Your results could also help you see where to focus as you prepare for the SAT or the ACT.

ANSWERS: 1) A 2) D 3) E 4) A

Find more details in
"College Entrance Tests" at CFNC.org/PS.



Preparing for the PLAN or the PSAT

So how did you do on the sample questions? Taking challenging courses is the best way to prepare, but reading and completing problem-solving activities are helpful, too. Between now and your test next month, you can try sample questions from each area of these tests; learn test-taking strategies and more by going to act.org/planstudent/index.html or to collegeboard.org/student/testing/psat/about.html.

Student Search Service

When you take the PSAT, you will have the option to check “yes” to participate in College Board’s Student Search Service. If you choose “yes,” colleges will be able to gain access to basic information about you including your intended major. Colleges will not be able to see your PSAT scores. If you choose “yes,” expect to see brochures from a variety of colleges arriving in your mailbox in a few months.

National Merit Scholarships

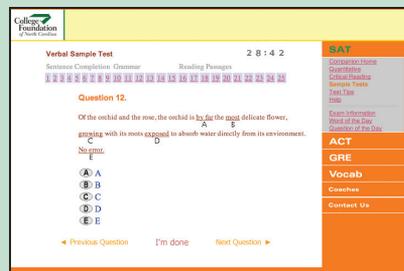
To compete for National Merit Scholarships, you must take the PSAT in your junior year, unless you plan to graduate early. Information about the National Merit Scholarship Corporation is available at nationalmerit.org.

Average Test Scores (PSAT)

Juniors 2013	National	NC	Sophomores 2013	National	NC
Critical Reading	47.4	46.7	Critical Reading	42.6	43.5
Mathematics	48.6	47.8	Mathematics	43.5	44.9
Writing	45.9	45.1	Writing	41.2	41.8

CFNC.org offers comprehensive test prep for the SAT and ACT:

- Easy-to-use tutorials
- Interactive practice sessions
- Vocabulary builder
- Sample tests
- Progress tracking—start and stop at any time



Life Outside the Classroom

Sure, your academic courses are the most critical part of school, but clubs, sports, music, and other activities certainly are important, too. Why? They can help you:

Build skills
Discover new talents
Get to know other students outside of class

Explore areas of interest
Serve others
Gain self-confidence

Think about your life as an adult. While a career can be a big part of your life, it is only one part of you as a balanced person. Hobbies, sports, and other activities add variety and allow you to do other things you find fulfilling. Maybe you earn a living programming computers, for example, but you coach little league baseball because you really enjoy sports and teaching kids.

Hobbies and extracurricular activities can also lead to careers. Adem Tepedelen tells his story on CFNC.org:

"I started out self-publishing music fanzines when I was in high school," he says. "I didn't really do them because I wanted to be a writer. I just loved heavy metal [music] and wanted to be actively involved. I had read other underground fanzines and putting my own out seemed like a good way to get free albums and possibly interview bands I liked.

"After I finished university," he continues, "I worked at all kinds of menial jobs, but in my spare time I started to contribute reviews to a well-respected Seattle music magazine. Eventually I went from just being a contributing writer to being one of the editors, slowly learning the ropes and working my way up the ladder."

Find a link to the full story at CFNC.org/9-10.

Tip

Colleges and employers are looking for well-rounded students who have shown initiative to serve others and to develop talents outside the classroom. Be sure to include your experiences on applications and résumés.



Take a minute or two to write down all the clubs, sports, or other extracurricular activities that you have been involved in this year. They don't have to be ones at your school. Then, write down some activities that you might consider joining next year.

My current extracurricular activities: _____

Other activities I might consider for the future: _____

Volunteering

Look for opportunities to make a difference in your school or community. There are numerous organizations that need volunteers to carry out their mission, whether it's to feed homeless people or to teach children to read. Even if you have only a few hours a week, it can make a big difference. It can also be another avenue to explore careers. Volunteer with a business to see if any of the jobs there interest you.

Go Online

To get some more ideas about volunteering and other activities, go to CFNC.org/9-10.

Notice that these opportunities are arranged by career clusters. Pick some that are interesting to you and answer the question below.



What new opportunities for volunteering or recreation did you find?

Habits of Mind

Author and educator John Holt once said that a “true test of character is how we behave when we don’t know what to do.” Successful students are able to **persist, strive for accuracy and precision**, and both **question and pose problems** even when they don’t know what the outcome will be. These three characteristics are based on Costa and Kallick’s 16 Habits of Mind. Costa and Kallick state that a “Habit of Mind” is the ability to behave intelligently when confronted with problems when the answer is not known. A person who behaves intelligently uses many skills in dealing with problems. We picked three habits that are especially important for high school students.

Persisting

People who get things done effectively and efficiently stay on task and don’t give up. Persistent people identify a problem, determine how best to go about solving it, and then get to work. What’s great is that persistent people are flexible enough to switch gears when they see that their current strategy or plan isn’t working. A person who does not possess this habit of mind might give up before he or she even starts and say “I can’t do this” or “it’s too hard.” Or, he or she might start on a project and keep going in a fruitless direction even when it is clear that things aren’t working.

Tips on being persistent

- Don’t give up before you start; if you get overwhelmed, ask for help.
- Identify the problem and brainstorm on your own or with others on ways to solve the problem.
- Evaluate your progress midstream. Are things going as planned?
- If you get off track, go back to brainstorming and choose another course of action.
- Evaluate the outcome of your project. What worked and what could you have done better?



Striving for accuracy and precision

Ever hear the cliché, “Presentation is everything”? Well, maybe presentation isn’t EVERYTHING, but it certainly makes a difference. For example, if a potential employer sees spelling errors in your résumé or cover letter, it sends the message that you are likely to do sloppy work. Also, teachers find it much easier to grade a well-written paper than one that is full of errors. Read the introductory paragraph below. Can you find the seven errors?

There are several main varieties of camera. Undoubtedly the most popular and fastest growing is the digital camera. People like them for a number off reasons including the ability to see a picture immediately, ease of transferring them to their computer for editing and emailing, and cost savings from not having too print bad photos. This paper will examine some of the most poplar features of digital cameras and provide tips for choosing one.

What are some other ways you can be accurate and precise in your schoolwork? In your extracurricular activities? _____

Questioning and posing problems

Humans have a great capacity not only to solve problems, but to find problems to solve (or even to create them!). When good students struggle with a problem, they know how and are willing to ask questions to clarify things. They may ask questions to gather support of current evidence, determine another point of view, make connections between things, or play out hypothetical situations. Below, match each question(s) on the right with the appropriate topic on the left.

Hypothetical

What is the relationship between oil and water?

Alternative Point of View

What research data do you have to support your claim that blood is thicker than water?

Connections

How much wood would a woodchuck chuck if a woodchuck could chuck wood?

Support of Current Evidence

When we read a biography, from whose perspective do we learn about the subject? The authors? Or the subject of the biography?

Earning College Credit in High School

One way to challenge yourself academically, to make higher education more affordable, and to potentially shorten your time in college is to earn college credits while you're in high school. You have a number of options:

Career and College Promise

Qualified North Carolina high-school age students can begin their two- or four-year college work, tuition free, while they are in high school, thus allowing them to get a head start on their workplace and college preparation. The program is free to all students who maintain a "B" average and meet other eligibility requirements (see details at successnc.org/initiatives/career-college-promise-0).

Career & College Promise provides three pathways to help advance eligible students' post-high school success:

College Transfer – Earn tuition-free course credits toward a four-year degree through North Carolina's community colleges. Students who complete a 44-hour credit program will be able to transfer all of their credit to all UNC institutions and many of NC's independent colleges and universities.

Technical Career – Earn tuition-free course credits at an NC community college toward an entry-level job credential, certificate or diploma in a technical career.

Cooperative Innovative High Schools (limited availability) – Begin earning tuition-free college credits as a high-school freshman by attending a Cooperative Innovative High School.

Advanced Placement (AP): AP is a program that enables high school students to complete college-level courses for college placement or credit. Typically, a student takes an AP course at his or her high school and then takes the appropriate AP exam. The exam scores range from 1 to 5, and students scoring a 3 or better will often be able to earn college credit. You will need to check with your specific college, as some require a higher score. There are 37 AP courses and exams across 22 subject areas. For more information about AP courses, contact collegeboard.org/student/testing/ap/about.html.

Find the options available at your school and write them down here. Check with your school counselor if you don't know.

Meet with your school counselor and parents to decide if early college credit is right for you. Write down some of the courses you would be interested in taking during high school.

Online Learning

As you explore the possibility of earning college credit while in high school, you will likely come across programs that use online learning. Online learning, or e-learning, refers to taking courses over the Internet where students and teachers communicate through e-mail, messaging, and discussion boards.

You may have the option to take online courses through programs such as Career and College Promise (successnc.org/initiatives/career-college-promise-0) or the North Carolina Virtual Public High School (ncvps.org).

One key to success in online learning is self-discipline. The advantage of moving at your own pace or studying when it works best for your schedule is great, but it also means using good study habits to ensure you get the work done. Writing skills are also important for success since that will be the primary way you engage in online discussion. And because there are not traditional lectures in the online environment, strong reading skills are necessary to understand course requirements and learn course content.

Student Testimony

"NCVPS (North Carolina Virtual Public School) is definitely a new experience for me. Not only my class educational objectives are being met, but this experience is enhancing my PC and technology knowledge. I have learned that students must be open minded and willing to work in any learning environment. It has also increased my time management skills and my ability to work on my own. I have a committed and caring teacher that dedicates time to answer my questions or concerns in a timely manner. I'm very glad I had the opportunity to be a NCVPS student."

– Joseph P., Principles of Business Student
ncvps.org/index.php/students/

Resources

Career and College Promise: successnc.org/initiatives/career-college-promise-0
North Carolina Virtual Public School: ncvps.org
eLEARNINGNC: elearningnc.gov

Careers and Your Interests

Think of the most boring thing you've ever done. Now, imagine doing that for eight hours a day, 40 hours a week, for the next 40 years. Yuck! That's why it's so important to seriously explore your career options. You have thousands of career possibilities, most of which you've never even heard of. What about a biotechnology business director or a knowledge engineer? As you explore, ask yourself some of these questions:

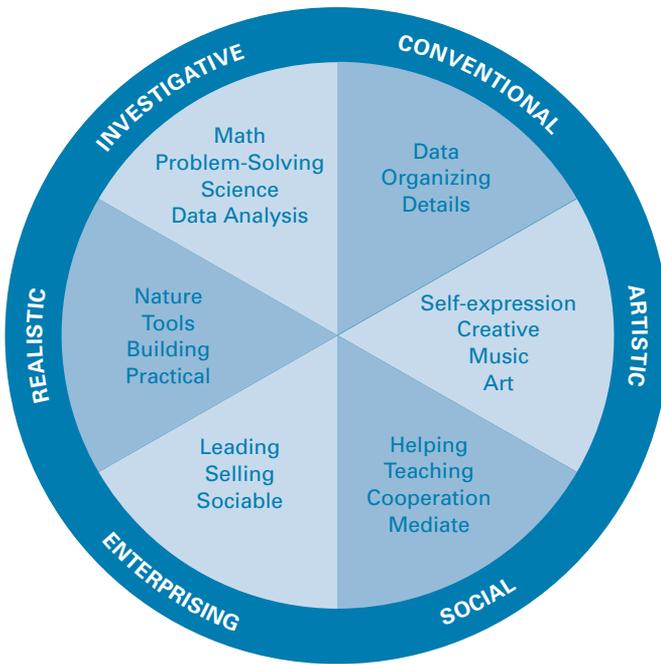
Abilities: What are you good at?

Values: What is important to you?

Interests: What do you like to do?

Outlook: Which careers will be in demand?

Circle six or seven of the words below that you find most appealing. Then write down the names of a few careers you've considered.



Careers You've Considered

In which area (slice of the circle) did you circle the most words?

- Conventional Enterprising
- Artistic Realistic
- Social Investigative

Tip

After you take the Interest Profiler, be sure to view the related careers and to follow the links on the left (What They Do, Is This for You?, What to Learn, Money and Outlook, and Connections).

Now go to CFNC.org/9-10 for a link to the Interest Profiler assessment (180 questions, 10-20 minutes). Compare your results with the choices you made above.

Top Two Personality Types	Related Careers	Educational Requirements

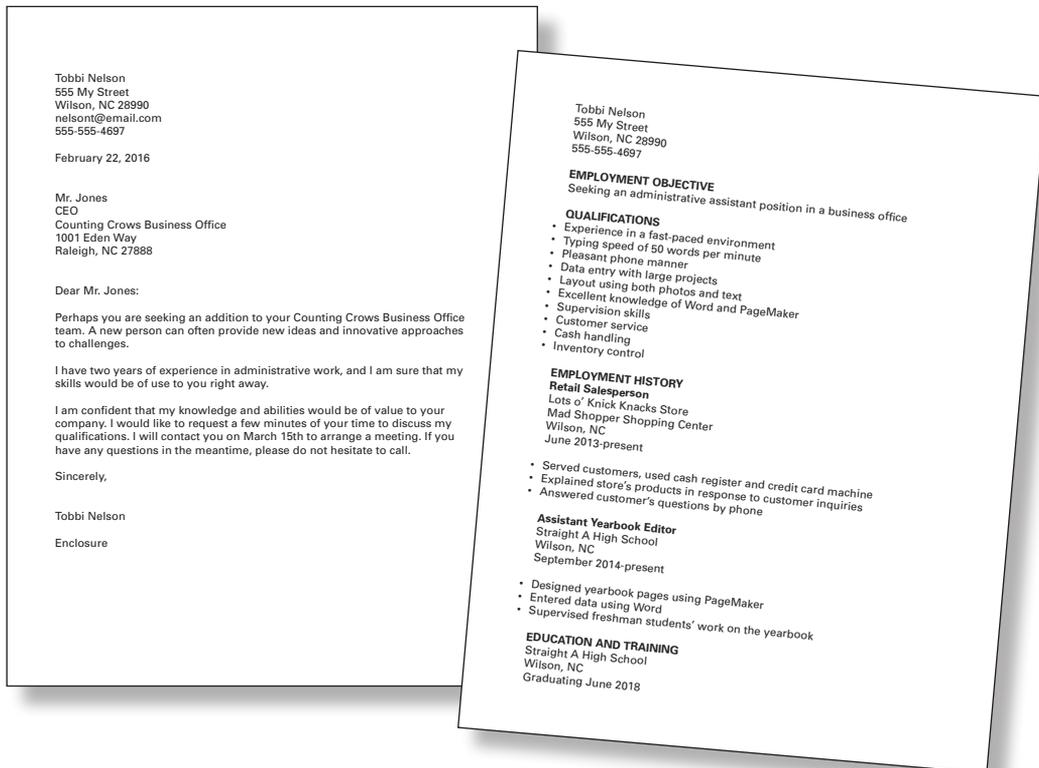


Writing Your Résumé

When you apply for a job during or after high school, you will likely need to submit a résumé and complete an application. A résumé lets the employer know what work and educational experiences you have had and what kind of a fit you would be for the job. Résumés are important since the employer will see that piece of paper before he or she even considers meeting you. It is your chance to put your best foot forward.

Go to CFNC.org/9-10 to use Résumé Builder and get started on creating your own résumé. You can include part-time work, volunteering experiences, extracurricular activities, awards, and skills.

Print out your résumé and have your school counselor, parent, or other adult give you feedback. Remember to keep your résumé updated! Every time you have a work experience, add it to your résumé.



College Admissions

Assume you are the president of a college (congratulations). You have space for 4,000 students due to the number of classroom buildings on campus, the residence hall rooms available, and the number of professors on your staff. Now imagine that there are 6,000 students who want to attend your college! How would you choose who could attend?

This is the situation for many colleges; there are simply more students wanting to attend than colleges can accommodate. For other colleges, they have space for the number of students who want to attend, but they know that unless they select students who are ready to do college-level work, the students won't succeed.

These are just a few of the reasons why colleges have admissions requirements. One helpful way to think about how colleges differ in their admissions requirements is to think about them on a continuum. Colleges with an open-door policy will want proof that you are a high school graduate and may have you take placement tests, but you are assured admission if you follow their procedures. At the other end of the continuum, colleges look closely at things such as GPA, class rank, leadership potential, test scores, rigorous high school courses, extracurricular activities, talents and interests a student could bring to the campus, and perhaps an essay or portfolio that gives insight into the student as an individual.



Why SHOULDN'T we admit them?

Why SHOULD we admit them?

Colleges fall all along this continuum. The key is to be familiar with admissions requirements early so that you can make sure you are on track during your junior and senior years.

Grade Point Average

Many colleges use your high school grade point average (GPA) to determine how well you might perform at their college. Some colleges have a minimum required GPA, whereas others only provide data about the average GPA of admitted students so that you can see how you compare.

Calculating Your GPA

The grades you earn are assigned points: A=4, B=3, C=2, and D=1. Your GPA is the sum of all your earned points divided by the number of course units you take. So an A in History, a C in English, a B in Biology, and an A in Spanish would give you a GPA of 3.25. Weighted courses increase the numerator, thus increasing your GPA.

Course	Grade	Grade Points	Units
History	A	4	1
English	C	2	1
Biology	B	3	1
Spanish	A	4	1
		13	4
Grade Pts/Units = 13/4 = 3.25 GPA			

College Entrance Tests

Entrance tests include the SAT or ACT and are required for most four-year colleges. A college placement test (ACCUPLACER, ASSET, or COMPASS) may be required for community colleges. Some colleges have minimum required scores for the SAT and the ACT, but many do not. Placement tests, on the other hand, determine your current skill level in English, math, and reading; they are used to place you in appropriate courses.

Courses and Extracurricular Activities

Your high school course work and extracurricular activities are also important when it comes to college admission. Make sure you choose challenging courses and do your best in them. All 16 campuses in the University of North Carolina system have minimum course requirements (described below). North Carolina's 36 independent colleges and universities have varying requirements; check each one for details. North Carolina's 58 community colleges have an open-door policy, though admission to some programs (such as nursing) is competitive. In addition to your course work, it's a good idea to engage in extracurricular activities to be a more well-rounded applicant.

Go to CFNC.org to view all of the NC colleges. Choose one or two colleges and note the admissions requirements below:

College

Admissions Requirements

UNC Minimum Course Requirements**Six course units in language, including**

- four units in English emphasizing grammar, composition, and literature, and
- two units of a language other than English.

Four course units of mathematics, in any of the following combinations:

- Algebra I and II, geometry, and one unit beyond Algebra II;
- Algebra I and II and two units beyond Algebra II; or
- Integrated Math I, II, and III, and one unit beyond Integrated Math III.

(The fourth unit of math affects applicants to all institutions except the University of North Carolina School of the Arts.) It is recommended that prospective students take a mathematics course unit in the 12th grade.

Three course units in science, including

- at least one unit in a life or biological science (for example, biology);
- at least one unit in physical science (for example, physical science, chemistry, physics); and
- at least one laboratory course.

Two course units in social studies, including one unit in U.S. History.

Minimum GPA is 2.5, minimum SAT is 800 (mathematics and critical reading combined), and minimum ACT is 17.

College Costs and Ways to Pay

Time for a pop quiz! Name three colleges and then guess how much it costs to attend for one year.

College	Cost Estimate (one year)
_____	_____
_____	_____
_____	_____
_____	_____

You will be asked to check your answers online in a few minutes, but let's first make sure you know about the different types of expenses you will have in college. Check your answers at the bottom of the next page.

Match Them Up!

Draw a line to match each word on the left with its description on the right.

- | | |
|------------------|---|
| A. Textbooks | 1. The cost for the classes you will take |
| B. Board | 2. The cost to live in a residence hall at the college |
| C. Tuition | 3. Another name for the cost of your food on campus (in the cafeteria, snack shops, and other college facilities that provide food) |
| D. Miscellaneous | 4. Books you will need to buy or rent for your classes |
| E. Room | 5. Things like clothes, shampoo, and transportation that you will have to pay for |

The costs of colleges vary widely and include more than just tuition and books. If you go to a residential college (one where you live on campus), for example, you also have to pay for room and board. Plus, you might have costs associated with a lab class or an athletic team. In general, it is less expensive to attend a community college than a four-year college, and less expensive to attend a four-year public college than a four-year independent (private) college or university. How much you end up paying, however, really depends on financial aid you receive and whether you are considered an in-state or out-of-state resident for tuition purposes. NC colleges range from around \$5,000 per year to over \$30,000 per year. You might receive enough financial aid to afford attending a college that you initially thought was too expensive. Look for the best college for you, apply for financial aid, and see what happens.

Ways to Pay for College

Scholarships and Grants

Sometimes known as “gift-aid,” this is money that does not need to be repaid.

Work-Study

Earn money while in college by working part-time on campus or in the community.

Education Loans

Low-interest loans are available for students and parents and must be repaid.

Installment Plans

Colleges may offer monthly tuition payment plans.

Family

Students and parents can plan ahead and save to pay their share.

Watch the Video

You can watch videos about all the ways to pay for college. Go to CFNC.org/9-10.

Okay, now it’s time to see how close your college-cost guesses were. Go online to CFNC.org/9-10, and you will find profiles of all NC colleges. Look at Costs and Financial Aid for details and write your findings below:

College

Cost Estimate (one year)

Now is a good time to talk with your parents about college costs and the NC 529 Savings Program to prepare for college. They’ll think you are really smart!

Visiting Colleges

What if you were getting ready to buy your first car, and the car salesperson said, “No, I wouldn’t bother with test driving any cars; just take a look at these nice brochures I’ve made and choose which one you want to buy.” You’d probably think he/she was crazy! “This is a huge investment,” you might say, “and I need to see the cars firsthand.”

Well, college is a large investment of your time and money, too. Every college looks great in brochures and online, but you can get the inside scoop by taking a tour of the campus, talking to students, eating in the dining hall, and checking out residence hall rooms, classes, and labs. You might even arrange to talk to a professor in the department in which you are interested.

Ways to Visit

School Group – Many high schools arrange trips to college campuses for groups of students. Watch for opportunities or talk with your school counselor for options.

College Open House – This is a visitation event scheduled by a college that often lasts one or two days. They can be quite large, sometimes with hundreds or even thousands of students and parents in attendance.

Personal College Visit – You might want to schedule a visit just for you and your family. You will get to see a more typical day on campus, but there might be fewer activities going on as compared to a college open house event.

To make the most of your visit, prepare questions based on your interests and the research you’ve already done about the college. Use the visit to “fill in the blanks”—find out things you couldn’t learn online. Check out colleges at CFNC.org prior to your visit.



Your College Visit To-Do List

- Talk to students about their experiences. Are students helpful and friendly?
- Ask faculty about facilities, equipment, and classes. Are they helpful and open with answers?
- Tour residence halls, science and computer labs, and the student union building. Are they in good condition?
- Sit in on a class. Is the faculty member approachable? Are the students engaged?
- Eat in the cafeteria. What are the meal plan options?
- Read student bulletin boards and the college newspaper, and ask for an alumni magazine.
- Think about how you feel on campus. Do you feel comfortable? Would you fit in?
- Take notes about what you like and dislike about the campus. Taking pictures is also helpful, especially if you visit several campuses.

Other questions you want to ask:

Research the opportunities to visit colleges you are considering by going online or calling the admissions offices. Make note of what you learn below.

College Name	Visit Opportunities and Policies
<hr/>	<hr/>

Weaving a college visit into a family trip can be a good idea, but keep in mind that many colleges have fewer students in the summer.