

Diamond Fork Junior High School
2019-20



High School, College, and Career Planning

Table of Contents

Advanced Learning Center (ALC)	07
Advanced Placement (AP) Courses	06
Associates Degree.....	07
Apprenticeships	08
College Admissions Requirements	11
College - High School Binder.....	11
College – Prep Timeline.....	12
College – Steps to Apply	12
College – Determine Fit & Affordability.....	13
Concurrent Enrollment.....	06
CTE Pathways at SFHS & MMHS	16
Financial Aid – FAFSA, Scholarships, My529-UESP.....	13
Four Year Plan.....	15
Glossary of Terms & Notes	18
Grade by Grade Checklist (formerly Utah Scholars)	04
Graduation Requirements.....	03
Internships	08
Mental Health	17
MountainLand Technical College (MTEC)	08
NCAA Requirements	09
Online Options	09
Regents’ Scholarship.....	04
Regents’ Scholarship Approved Courses.....	05
Testing – Aspire, Rise Civics, AP, ASVAB, SAT, PSAT, ACT	10
Utah County Academy of Sciences (UCAS)	07
Utah Futures.....	08
Utah Students Connect (Online Options)	09
Websites-Important.....	14

Graduation Requirements for High School

Spanish Fork High School

Language Arts (English) 4.0

English 9
 English 10
 English 11
 Elective (English 12, foreign language, CE, AP)

Math 3.0

Secondary Math 1
 Secondary Math 2
 Secondary Math 3
 AP Calculus, AP Stats, Math 1050

Science 3.0

Earth Systems, Biology, Chemistry, Physics, Ag
 Science, Anatomy, other science elective

Healthy Lifestyles 2.0

Participation Skills
 Fitness for Life
 Health
 PE Elective (wt train, body cond, life act, etc)

Social Studies 3.0

Geography
 World Civ
 U.S. Studies
 U.S. Gov & Cit
 Elective (Psychology, Sociology, CE, AP, etc)

Fine Arts 1.5

Art, Drama, Band, Orchestra, Choir, Photo, etc.

Career & Technical Ed. 1.0

Foods, Child Dev, computers, photo, medical,
 Woodshop, Tech, Welding, Mechanic, etc.

Information Tech 0.5

Financial Literacy 0.5

Electives 13.5

TOTAL Credits to Graduate 32.0

Maple Mountain High School

Language Arts (English) 4.0

English 9
 English 10
 English 11
 Elective (English 12, foreign language, CE, AP)

Math 3.0

Secondary Math 1
 Secondary Math 2
 Secondary Math 3
 AP Calculus, AP Stats, Math 1050

Science 3.0

Earth Systems, Biology, Chemistry, Physics, Ag
 Science, Anatomy, other science elective

Healthy Lifestyles 2.0

Participation Skills
 Fitness for Life
 Health
 PE Elective (wt train, body cond, life act, etc)

Social Studies 3.0

Geography
 World Civ
 U.S. Studies
 U.S. Gov & Cit
 Elective (Psychology, Sociology, CE, AP, etc)

Fine Arts 1.5

Art, Drama, Band, Orchestra, Choir, Photo, etc.

Career & Technical Ed. 1.0

Foods, Child Dev, computers, photo, medical,
 Woodshop, Tech, Welding, Mechanic, etc.

Information Tech 0.5

Financial Literacy 0.5

Electives 7.5

TOTAL Credits to Graduate 26.0

Grade by Grade checklists <https://stepuputah.com/2017/09/new-grade-grade-checklists/>

At StepUp Utah the main goal is to help students achieve their big dreams. Do you want to be a video game designer or a doctor? A college degree will help you achieve your goals. We can help you get there. We want you to be as prepared for college as possible so that when you graduate from high school and go off to college you go there with confidence.

Have you ever wondered what exactly you should be doing to prepare for college? Maybe you have asked “Should I wait until my senior year?” The answer is: START NOW! There are things you need to be doing each year to help you get to college. But what are they? It might seem overwhelming but our Grade-by-Grade checklists will guide you each step of the way. You can download the complete list for each grade so that you can monitor your progress.

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.

REQUIREMENTS FOR THE CLASS OF 2020 AND BEYOND

- Complete the required courses during grades 9-12
- Earn a 3.3 cumulative high school GPA
- Earn at least a composite score of 22 on the ACT
- Graduate from an accredited Utah high school
- Be a United States citizen or a non-citizen eligible for federal student aid
- Meet college enrollment or deferment requirements
- Submit the FAFSA (Free Application for Federal Student Aid)
- Meet all application deadlines to be eligible for the scholarship

AWARD INFORMATION

- One time award
- Award amount determined annually by funds available and by family’s ability to cover college expenses
- Funds used for 4 semesters, must complete 30 credits per year, maintain a college GPA of 3.0

The Regents' Scholarship award amount varies based on individual student circumstances and can be used for up to four semesters. Scholarship funds are awarded to cover tuition and fees after other state aid is awarded to the student. The award is subject to legislative funding, the number of qualified participants, can vary from year to year, and can be reduced based on other state aid the student receives. Students will receive information from the college(s) where they are admitted regarding their potential award package, ideally during the spring of their senior year if they have submitted a scholarship application by the deadline.

The Regents' Scholarship was created through Utah legislation, and is subject to change on an annual basis. In addition, the program materials may be updated to better communicate the rules of the scholarship. In some cases, the list of courses that satisfy the scholarship will change as courses evolve or new classes are created by the Utah State Board of Education. Each April, an updated version of the Regents' Scholarship Rules and Requirements for the upcoming high school academic year is provided and will reflect any changes.

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

This list changes annually. Please check the Regents' website.

ENGLISH 4 credits

Courses that 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,
Math 1060: Trigonometry

SOCIAL SCIENCE 3 credits

Courses that satisfy the Social Science requirement:

All Required: (2 credits)

World History (.5)
Geography (.5)
U.S. History II

1.0 credit 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, and 2200,
Psychology 1010 and 2500, Sociology 1010

SCIENCE 3 credits – specifically Biology, Chemistry, and Physics

Courses that satisfy the Science requirements:

Biology, AP Biology, Biology Agriculture Science, Biology Ag Science & Technology, 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, other CE options: 1610 with 1615, 1620 with 1625
Chemistry 1010 CE with 1015 CE, other CE options: 1110 with 1115, 1120 with 1125, 1210 with 1215, 1220 with 1225
Physics 1010 CE with 1015 CE, other CE options: 1200, 2010 with 2015

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 info about award criteria go: <https://apscore.collegeboard.org/scores/ap-awards>

****Diamond Fork Jr.** offers one AP class – AP Geography. This is a yearlong class and it will give you credit for both Human Geography and World History (both are .5 credit classes taken in 9th grade). Please remember that this is a college level class. It will be very difficult and time consuming. Plan on homework every night.

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/Live Interactive = 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)

<http://alc.nebo.edu>

161 E. 400 N. Salem, UT 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 or the UVU counselor at the ALC for more information about classes, block schedules, and bus schedules.

What is the difference between AP and Concurrent Enrollment classes?

Advanced Placement courses or "AP" as they are referred to on school schedules are classes that offer one college credit for each credit hour (i.e. 3 credit hours = 3 college credits,) in numerous subjects. An Exam needs to be passed at the end of the school year, can only be taken once and costs \$94 and can only be taken once.

Concurrent Enrollment (CE) classes 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 can be earned by passing the course. Each credit is \$5.00 per credit hour averaging \$15 for each CE class.

Distance Learning/Live Interactive courses involve live, two-way video conferencing classes with UVU professors at the ALC campus. CE credit is earned.

Ninth graders can take classes, however, they are through the online school only. A monitored computer lab is available from 7:30 am - 3:00 pm every school day. Please see your counselor with questions. This is a great option for previously home-schooled students planning on attending and graduating from a public high school.

Associates Degree

Students can work toward earning one of three College Associate Degrees: General, Art's, or Science Associate Degrees while in high school. This requires a major focus on academics because UVU Associate Degrees are 60 credits including: English, Math, History, Biology, Philosophy, Health/PE, Humanities, Social Science, Fine Arts, and 2 Physical Sciences. You will need to take concurrent enrollment, distance education, AP, and online courses from 9th - 12th grade. Students must complete all high school graduation requirements along with the additional Associate Degree credits.

To start this program, contact the ALC Counselor, Mrs. Grant at natalie.grant@nebo.edu or 801-489-2833. Please contact Mrs. Grant before signing up for 10th grade classes, (usually in February.)

Utah County Academy of Sciences (UCAS)

www.ucas-edu.net

UCAS is an Early College High School on UVU campus that, by the end of HS, has students earn their Associate's Degree. UCAS is a great program for students focused on academics, specifically, college coursework. UCAS is designed for students who want to focus on STEM (Science, Technology, Engineering, Mathematics,) related fields; it is also great for students who do not do well in a traditional social setting, here, they will thrive. Student's need to apply for scholarships and admittance then are placed in classes accordingly.

Utah Futures

www.utahfutures.org

UtahFutures.org is Utah's career information system for students, job seekers, employment service providers, educational institutions and more. Utah Futures uses cutting-edge career planning tools, leading labor market information, job search success skills, educational college and career readiness and training options, and direct links to Utah employers and current employment opportunities.

There are a multitude of surveys to be taken to help identify interests that will lead to colleges and careers. Utah Futures also has test prep, scholarship searches, resume builders, interview skills, and finding internships.

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

Mountainland Technical College (MTECH)

www.mtec.edu

The mission of the Utah System of Technical Colleges (UTech) is to meet the needs of Utah’s employers for technically skilled workers by providing market-driven technical education to both secondary and adult students. By enhancing the employability of individuals through market-driven career and technical education.

MTECH trains students so they can start a job and career. Certificates and Licensures are needed are needed for careers and jobs that require skills based knowledge and training rather than a degree. High school students are welcome to enroll in programs at MTECH. They should consult with their school counselor first. High school students do not pay tuition, but are responsible for fees associated with the program. Students can continue post-high school, however, they will then pay college tuition as an adult learner.

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

Utah Students Connect www.nebo.edu

Listed below are 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
- Secondary Math 2 Honors
- Secondary Math 3 Honors
- 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
- Psychology
- 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/>

Statewide Online (SOEP, SEATS, USBE) <https://www.schools.utah.gov/edonline> ; <https://seats.schools.utah.gov/>

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

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

NCAA (National Collegiate Athletic Association) Core Requirements

If you want to compete in NCAA sports at a Division I school, you need to register with the NCAA Eligibility Center to make sure you stay on track to meet initial-eligibility standards.

If you have questions you can call 1-877-262-1492

Check List:

Grade 9 – Get a list of your school’s NCAA approved classes so you take the right classes in high school

Grade 10 – Register with the NCAA Eligibility Center at eligibilitycenter.org

Grade 11 – check in with your counselor to check graduation requirements and NCAA courses, Take the ACT or SAT and submit scores to NCAA using code 9999, upload an official transcript to the NCAA Eligibility center at the end of your junior year

Grade 12 – Finish your final NCAA core classes, re-take the ACT or SAT if necessary and submit new scores to the NCAA using code 9999, complete all academic and amateurism questions in your NCAA Eligibility Center account at eligibilitycenter.org , after graduation submit a final OFFICIAL transcript with proof of graduation to the NCAA Eligibility Center.

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. (which means if you are low in one you need to be higher in the other)

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.

Testing

End of Year 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: (some are free, some cost money)

*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

High School Binder - actual or digital

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 and VOLUNTEER WORK:

What: helped with food drive

Where: DFJH

Date: Nov. 1, 2018

Hours: 3

What learned: Write a paragraph

What: Team Serve

Where: Help at Senior Center

Date: 2019-20 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: 2018-19 school year

What learned: Write a paragraph

What: Intramurals

Where: DFJH

Date: 2017-18 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: 2/1/2019

Position: Latin Club member

What learned: Write a paragraph

What: Guide peers to set up goals

Where: DFJH

Date: 2018-19 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. Keep track of the name of the award, date, and place. Keep track of all scholarships you have been awarded.

SCHOLARSHIPS: You can apply for scholarships in middle school and junior high. Check-out junior high school websites, high school websites, college websites, and private scholarship webpages. Apply for as many scholarships as you can. Keep track of them in the binder. Keep track of scholarships you can apply for later.

ESSAY & PERSONAL STATEMENT: You can start writing these now. Keep adding to them and changing them as you get more experience, etc. These will help you write better essays and personal statements when you apply for college and scholarships.

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.

College Admission Requirements

Colleges evaluate the following at entrance:

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

Get Involved at Diamond Fork! Get involved in High School!

CLUBS:

NJHS
FFA
Drama Club
Latin Club
Native Club
Poly Club
Journalism
Yearbook
Student Council
Hope Squad
Stand 4 Kind
Girls Who Code

TEAMS:

Especially 4 Athletes
Sports at DFJH - Basketball,
Tennis, Wrestling, Cross
Country, Track
High School Sports - many!
Intramurals
Dance, Cheer, Drill @ H.S.
Club teams
Rec league teams
Other sports - Karate,
Taekwondo, Boxing, Rugby,
Hockey, Lacrosse, etc.

SERVICE:

Team Serve
Service Learning -
Character Ed.
Peer Tutor
Peer Mentor
Volunteer
Teacher/Office aide
Tech Theater

There are even MORE CLUBS, TEAMS, & SERVICE at the high schools!

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

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

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!

My529 - Utah Educational Savings Plan (UESP)

www.my529.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.

Important Websites

Scholarships & Financial Aid:

www.utahfutures.org
www.fafsa.gov
www.nces.ed.gov/collegenavigator/
www.ushe.org

www.finaid.org
www.fastweb.com
www.uesp.org

Maple Mountain Scholarship List: <http://mmhs.nebo.edu/node/85>
Spanish Fork Scholarship List: <http://sfhscounseling.wixsite.com/sfhs/scholarships>

Regents Scholarship:

www.stepuputah.com/regentsscholarship www.ushe.org

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.org www.utahfutures.org

College/Career Information:

www.higheredutah.org www.collegeboard.org www.utahfutures.org

Other: www.military.com/join-armed-forces/asvab www.ncaa.org

Local District and High School Websites:

<https://sfhs.nebo.edu> <https://mmhs.nebo.edu> www.nebo.edu
www.alc.nebo.edu

Utah College Applications: <https://utahfutures.org/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> (3.0 Credits required to graduate) Required in 9th grade: Geography (.5 credit) & World History (.5 Credit) or AP Human Geography (1 credit)</p>	<p><u>Social Studies</u> (3.0 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> (3.0 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> (3.0 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 Science (.5 credit) Other options at high school</p>	<p><u>Information Technology</u> (.5 credit required to graduate)</p> <p>Computer Science (.5 credit) Other options at high school</p>	<p><u>Financial Literacy</u> (.5 credit required to graduate)</p> <p>Financial Literacy (.5 credit) or Adult Roles & Financial Lit. (.5 credit)</p>	<p><u>Financial Literacy</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>8.0/13.5 credits required to graduate</p>	<p><u>Elective Classes</u></p> <p>8.0/13.5 credits required to graduate</p>	<p><u>Elective Classes</u></p> <p>8.0/13.5 credits required to graduate</p>	<p><u>Elective Classes</u></p> <p>8.0/13.5 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>

CTE CAREER PATHWAYS 2019-20

Spanish Fork High School

Agriculture, Food, & Natural Resources

Agricultural Production Systems
Animal & Veterinary Science
Plant Science

Architecture & Construction

CAD Architectural Design
Carpentry
Interior Design

Art, Audio/Visual Tech & Communication

Broadcasting Professional
Commercial Photography
Digital Media
Fashion, Apparel & Textiles

Business Management & Administration

Entrepreneurship
Office/Administration Support

Education & Training

Pre-K Early Childhood Education
K-12 Teaching as a Profession

Engineering & Technology

CAD Mechanical Design
Robotics
Mechanical Engineering

Finance

Accounting & Financial Operations

Health Science

Dental Assistant
Emergency Medical Services
Medical Assistant
Medical Forensics
Nursing Services
Pharmacy Technician
Exercise Science/Sports Medicine

Hospitality & Tourism

Culinary Arts

Human Services

Cosmetology/Barbering
Esthetician/Nail Technician

Information Technology

Information Technology Systems
Programming/Software Development

Law, Public Safety, Corrections, and Security

Protective Services

Manufacturing

Cabinetmaking/Millwork
Welding

Transportation, Distribution, & Logistics

Auto Collision Repair Service Technician

Maple Mountain High School

Agriculture, Food & Natural Resources

Agricultural Production Systems
Veterinary & Animal Science

Architecture & Construction

Construction & Structural Systems:

Carpentry

Interior Design

Arts, Audio/Visual Technology & Communication

TV Broadcasting Technician
Commercial Photography
Fashion, Apparel & Textiles
Digital Media

Business Management & Administration

Entrepreneurship & Management
Office/Administration & Technical Support

Education & Training

Pre-K: Early Childhood Education

Engineering & Technology

Mechanical Engineering
Robotics & Electronics

Finance

Accounting & Financial Operations

Health Science Education

Dental
Emergency Medical Services
Nursing Services
Clinical Laboratory Science: Medical Forensics
Therapeutic Clinical Services: Medical Assistant
Therapeutic Clinical Services: Pharmacy Technician
Therapeutic Clinical Services: Exercise
Science/Sports Med

Human Services

Personal Services: Cosmetology/Barbering
Personal Services: Esthetician/Nail
Technician

Information Technology Education

Programming/Software Development

Law, Public Safety, Corrections & Security

Public Safety & Law Enforcement: Protective
Services

Manufacturing

Welding

Transportation, Distribution & Logistics

Auto Collision Repair
Aviation

MENTAL HEALTH

If you feel you are in mental or emotional crisis or distress you may want to use one or more of the following resources:

Emergency Rescue: Call 911

National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

LGBT Trevor Lifeline: 1-866-488-7386

Crisis Teen Text Line: Text "LISTEN" to 741-741

SafeUT app: Crisis-line, text-line, tip-line

SAFEUT

The **SafeUT** Crisis Chat and Tip Line is a statewide service that provides real-time crisis intervention to youth through live chat and text. It is also a confidential tip program in which youth can report concerns about friends, classmates, or a school-wide problem. All of this can be done right from your smartphone, tablet, or computer. SafeUT provides supportive or crisis counseling, suicide prevention, and referral services. Adults can use the app to talk with a SafeUT counselor about their child or submit a tip about their school.

Licensed therapists at [University Neuropsychiatric Institute](#) respond to all text messages received in the CrisisLine. Our therapists work on a team with other crisis workers in UNI's Crisis Services.

Our therapists specialize in:

- supportive listening,
- joint problem-solving,
- crisis intervention, and
- suicide prevention.

Our licensed staff are available 24/7/365. We help teens discover skills and resources they can use.

Common Issues: Some common issues our counselors support through the app include:

- stress,
- anxiety,
- depression,
- self-harm,
- drug and alcohol problems,
- relationship issues,
- thoughts of suicide,
- and more...

Please use one of the resources above or talk to a trusted adult if you feel anxious, depressed, suicidal, or are thinking of self-harm. Your parents are your best resource. You can also talk to a counselor, teacher, or administrator at the school.

Glossary of Terms:

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

CTE – Career & Technical Education – these classes help prepare for careers

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:
