



# Pisgah High School Sophomore-Freshman Newsletter

March 2016

Pisgah High School Counseling Center, 1 Black Bear Drive, Canton, NC 28716  
Learn more online at [teacher.haywood.k12.nc.us/phs-counselingcenter/](http://teacher.haywood.k12.nc.us/phs-counselingcenter/). Follow us on Twitter @ [pisgahcounselor](https://twitter.com/pisgahcounselor).

## 2016-17 Course Registration

Counselors have met this year with 9th graders in Health/PE classes, 10th graders in American History I classes, and 11th graders in English III classes. (Special thanks to those teachers for your cooperation!) These meetings allowed counselors to share important information about planning for college and careers AND provided students with time to update their 4-year plans.

Counselors also met with students interested in Honors Courses, AP courses, NCVPS (online) courses, and Haywood Community College courses (“Career and College Promise”). Those applications were due to teachers (and then to the counseling center) in February; those courses have already been placed in the Power School accounts of students who applied and were recommended.

**Monday, March 14** each current *sophomore* will receive in homeroom a copy of his/her 4-year plan and a list of all courses s/he may take the following year.

**Monday, March 21** current *freshmen* get this information. **There will be a “planning sheet” that you are asked to complete before registration: You will be expected to bring this sheet with you (signed by student AND parent) to registration. If you have questions, please see your counselor!**

**March 21** current sophomores will be coming by homeroom groups to the computer lab to electronically submit their request for courses for next year.

**March 28** current freshmen will be completing online registration. Students will be expected to select the required academic courses (as listed on your 4-year plan), desired electives, and appropriate alternates. Then, each student will “check out” with his/her counselor to ensure that 8 courses are selected, that the student has chosen courses needed for graduation, and allow the student to ask any questions before leaving.

*We believe that the system provided to us by Power School minimize conflict and helps more students get the courses they need and want; it is very important that you give these selections careful thought and consideration!* Complete PHS Course Booklet is available at <http://teacher.haywood.k12.nc.us/phs-counselingcenter/files/2013/09/2016-2017-Program-of-Studies3.pdf>

## North Carolina Graduation Requirements

**English:** 4 courses

**Math:** 4 courses (Math I, Math II, Math III, and an advanced math)

**Science:** 3 courses (Earth/ Environmental Science, Biology, and a Physical Science—either physical science or chemistry)

**Social Studies:** 4 courses (World History, American History I, American History II, Civics and Economics)

**Health/PE:** 1 course

**Electives:** 2 courses from any combination of Career and Technical Education (CTE), Arts (Band, Chorus, Drama, Art), or Foreign Language\*

**Concentration Area:** 4 courses—all from ONE of the following categories—with at least one being a “level 2” or higher:

- Career and Technical Education (CTE): one of 11 different “career clusters”
- JROTC
- Arts
- Academic: advanced courses—i.e. *beyond minimum requirements*—in math, science, social studies, etc. OR foreign language

**TOTAL Credits required: 28**

*Ninth and Tenth Grades ARE important!*

*\*2 credits in Foreign Language are REQUIRED IF you plan to apply to a four-year college after graduation*

Habit 5:

**Seek First to Understand, then to be Understood.**

“Real listening doesn’t mean you’re just silent, it means that you’re actively trying to understand...often we get into trouble because we jump to conclusions without understanding all the details...”

From The Seven Habits of Highly Effective Teens  
by Sean Covey

## PHS COUNSELING CENTER

**Dr. Allen:** Last names A-G  
**Mrs. Lawing:** Last names H-0  
**Mrs. Heinz:** Last names P-Z  
**Mrs. Case:** Administrative Assistant

**Mrs. Ray:** Career Development

**Mrs. Frazier:** School Social Worker

**Mrs. Clark:** School Nurse

**Mrs. Inman:** Lead Teacher

**Officer Deaver:** Resource Officer

### **OPPORTUNITIES FOR 9TH AND 10TH GRADERS:**

- **North Carolina Wildlife Resources Commission “Hunter Education Course”** at Haywood Community College Monday, **March 14 and Tuesday, March 15**, 6 PM to 9 PM (Building 3300, Room 3322). Register online at <http://www.ncwildlife.org>.
- **East Tennessee State University BLUE Weekend:** See your counselor for the application to this FREE opportunity April 8-9 to learn more about STEM (science, technology, engineering, and math) opportunities at ETSU. Students who are first generation college-bound and/or are from underrepresented student populations will be given first priority. Application deadline is **March 18**.
- **AIM (Accounting and Information Management) Academy:** Students explore careers in accounting, interact with diverse professionals from business and government, and visit professionals in their work environment in this 4 day residential program July 16--20. The AIM Academy is open to underrepresented students (such as Native American, African American, Asian American, Hispanic), first generation college students, or students on free or reduced lunch; applicants should have a 3.0 GPA and be current sophomores. The program is sponsored by the University of Tennessee, Knoxville. Applications may be submitted online at <http://tinyurl.com/UTKSummer2016>; application deadline is **March 18**.
- **Stop the Rx Abuse Contest:** The National Drug Association of Drug Diversion Investigators, the NC Parent Resource Center, and the Governor’s Institute on Substance Abuse have joined to sponsor a student video competition to help educate young people about the dangers of prescription drug abuse. Learn more at [StopRxAbuse@ncdoj.gov](mailto:StopRxAbuse@ncdoj.gov) ; deadline to submit your 30 second video is **April 18**.
- **March 2 Success:** 7 full-length practice ACT (or SAT) tests free (sponsored by US Army). Enroll at [march2success.com](http://march2success.com). Registration is valid for 45 days including answers and explanatory feedback.
- Students interested Raleigh Engineering Summer Programs (locations include Charlotte, Havelock, Morganton, Rocky Mount, Springdale, and Wilson) sponsored by the College of Engineering at North Carolina State University should learn more at [go.ncsu.edu/espinfo](http://go.ncsu.edu/espinfo).
- **NC State University SCIBLS (Summer College in Biotechnology and Live Sciences):** July 5-July 9 students reside on campus and participate in classes in molecular biology, microbiology, biochemistry laboratory practices, and microbial biotechnology. Applicants should be current high school sophomores and juniors. Obtain more information and apply at [www.cals.ncsu.edu/scibls](http://www.cals.ncsu.edu/scibls).
- **GAINS Conference 2016:** Duke University and the University of North Carolina at Chapel Hill will be hosting April 3-5 a conference for high school girls interested in STEM (science, technology, engineering, and math) careers. Financial assistance is available for students who qualify. Applicants can be registered only by teachers/ administrators so interested students should see her counselor as soon as possible.
- **Horticulture Science Summer Institute:** July 10-15 North Carolina State University will invite students to have hands-on experience in horticulture, including breeding better fruits and vegetables, learning sustainable production and design practices, and visiting unique and innovative NC farms, markets, and greenhouses. Cost of \$550 includes lodging, meals, field trips, and materials; some scholarships will be available for students who qualify. Apply and learn more at [www.go.ncsu.edu/hssi](http://www.go.ncsu.edu/hssi).
- **Heels for Success:** Learn techniques for the ACT, explore the Carolina campus, learn more about the college application process in this FREE program for high achieving current ninth and tenth graders from diverse backgrounds (including underrepresented / minority students, first generation college students, or students from rural areas). Students should be in the top 10% of his/her class. Application deadline is **March 15**. See your counselor soon for more information.
- **July Experience at Davidson College:** Rising high school juniors and seniors can learn more, apply, and seek scholarships at [www.davidson.edu/JulyExperience](http://www.davidson.edu/JulyExperience). Deadline is **March 31**.
- **Furman University Summer Scholars:** Rising high school juniors and seniors can learn more and register at [furman.edu/summerscholars](http://furman.edu/summerscholars). Application deadline is **May 1**.
- **The Asheville LEAD Program:** The UNC Eshelman School of Pharmacy at UNC Chapel Hill is sponsoring a 1-day preparatory and professional development program for prospective pharmacy students **Saturday, March 12**. Learn more and apply at [pharmacy.unc.edu/events/lead-program/](http://pharmacy.unc.edu/events/lead-program/).
- **North Carolina Page Program:** This program offers young men and women the opportunity to learn about and participate in the legislative process of our state. For 4 days high school students between the ages of 15 and 18 (or 14 if already in the 9th grade) can observe firsthand how our laws are made. It provides a unique opportunity to work in the House OR Senate in the midst of legislative action assisting elected representatives and staff during daily sessions and/or committee meetings delivering messages and materials within the legislative complex, answering phones, passing out documents, running errands, etc. Learn more at [www.ncleg.net/house/housepagesite/](http://www.ncleg.net/house/housepagesite/) or [www.ncleg.net/senate/SenatePageSite/](http://www.ncleg.net/senate/SenatePageSite/).

- **The Shelton Challenge:** This summer experience for rising freshmen, sophomores, juniors, and seniors with at least a 3.0 GPA focuses on leadership, accountability, team-building, integrity, public speaking, and goal-setting. Students will spend one week in June or July on the campuses of either NC State University, UNC Charlotte, NC Wesleyan College, Methodist University, or Hampden-Sydney College. Cost is \$625, but scholarships may be available to students who inquire soon. To obtain an application or for more information, go to [www.ncsu.edu/sheltonleadership](http://www.ncsu.edu/sheltonleadership) or call (919) 513-0148.
- **Appalachian State University** offers a number of career-related summer programs on their campus ranging from *anthropology* to *forensic science* to *anatomy / physiology*. Check out their website <http://conferences-camps.appstate.edu/youth-camps> now for dates and costs of these many interesting programs! Spots in these programs fill up quickly.
- **Wake Forest University LENS program:** Three week residential experience for rising high school juniors and rising high school seniors. Scholarships are available. Choose from “Global Sustainability” or “Cultural Crossroads.” Learn more and apply at [lens.wfu.edu](http://lens.wfu.edu).
- **Duke Youth Programs:** Each summer approximately 650 youth representing some 22 states and 5 different countries attend one of 13 different programs (including Summer College for students grades 10 and 11 and Summer Academy for students grades 9-12). Information is available at [www.learnmore.duke.edu/youth](http://www.learnmore.duke.edu/youth).
- **Summer Accelerator:** Students can apply for residential OR day courses in a variety of exciting topics (engineering, genetics, forensics, and more). Learn more about this program sponsored by the NC School of Science and Math at [www.ncssm.edu/accelerator](http://www.ncssm.edu/accelerator).

Learn MORE about LOTS of summer opportunities for high school students online at CFNC!  
[http://www.cfnc.org/static/pdf/home/sc/pdf/college\\_prep\\_programs.pdf](http://www.cfnc.org/static/pdf/home/sc/pdf/college_prep_programs.pdf)

#### *JOBS WITH RISING SALARIES*

Wireless telecommunications services

- \* Computer Support Specialist
- \* Network Systems Analyst

Audio and Video Equipment Manufacturing

- \* Electronic Engineering Technician
- \* Electronic Equipment Assembler

Computer and Software Stores

- \* Office Machine Repairer
- \* Customer Service Representative

Natural Gas Productions and Distributions

- \* Power line installer and repairer
- \* Meter readers, utilities

Finance and Insurance

- \* Personal financial advisors
- \* Securities/Commodities sales agents

*From “24 Jobs with Rising Salaries” by Anthony Balderrama available at [www.careerbuilder.com](http://www.careerbuilder.com)*