

ORANGE PARK HIGH SCHOOL

Guidelines for Success

Overcome challenges

Promote kindness

Have respect for self and others

Stay focused and finish strong



A College/Career Preparation Checklist

Compiled by

The Orange Park High School Advisory Council (SAC)



Orange Park High School

Notes



Welcome to Orange Park High School!

The Orange Park High School Advisory Council (SAC) has compiled this booklet to assist you in preparing for the future. Whether you plan on going to a four year university, state college, technical school, or directly into the workforce; the decisions you make now can enhance your future success. Make the most of your high school experience by taking the most challenging courses you can, getting involved in school activities, and striving for excellence in all you do. Use this booklet to keep a record year by year of your activities, sports, clubs, honors, awards, community involvement, and work experiences so that you will be ready for the job, college, or scholarship application process. For additional information, see your guidance counselor and the Course Selection Catalogue.

Address: 2300 Kingsley Avenue
Orange Park, Florida 32073

Phone 904-272-8110
Fax 904-272-8181
<http://www.clay.k12.fl.us/OPH/>

Guidance 904-272-8101
Fax 904-272-8174

Attendance 904-272-8120
Fax 904-272-8166



FREE TEST PREPARATION RESOURCES

ACT and SAT prep site: www.collegeboard.com

ACT/SAT/ASVAB prep: <http://www.march2success.com>

ACT prep: http://www.testprepreview.com/act_practice.htm

SAT prep: http://www.testprepreview.com/sat_practice.htm

ASVAB prep:

http://www.testprepreview.com/asvab_practice.htm

Sparknotes AP/SAT/ACT prep:

<http://www.sparknotes.com/testprep/>

AP prep: <http://ap.testfrenzy.com/>

APprep: http://www.collegeboard.com/student/testing/ap_prep.html

BRIGHT FUTURES SCHOLARSHIPS

Bright Futures is Florida's unique scholarship program funded by the state lottery for students wishing to attend a Florida public college. Monies awarded to students cover a portion of the tuition and approved mandatory fees. Students must graduate high school with a B or higher average in 16 core subjects to qualify and accumulate a minimum of 75 community service hours. For more information, see your guidance counselor or visit www.flvc.org. *This information is subject to change.*

FRESHMAN YEAR RESUME INFORMATION

Extracurricular Activities (Clubs, Organizations, Scholastic Competitions)

Offices & Leadership Positions/Responsibilities

Honors & Awards Received

Sports (School and/or Community-Include Letters Earned, Awards, Leadership)

Community Activities (Clubs, Volunteer Work, Church Activities)

Work Experience

Goal for Freshman Year

SOPHOMORE CHECKLIST

- ◇ Take the most challenging courses you can, check Focus periodically, and keep your grades up
- ◇ Consider taking the PSAT if you are in honors courses
- ◇ Schedule an appointment with your guidance counselor to check progress
- ◇ Take advantage of tutoring provided at OPHS
- ◇ Successfully complete the Florida Standards Assessment (FSA) and End of Course Exams (EOC)
- ◇ Attend the county wide College Night in the fall to become familiar with admission requirements of many colleges
- ◇ Visit www.flvc.org for current information on colleges and careers
- ◇ Continue to seek out leadership/service opportunities
- ◇ When making your summer plans, look for ways to add to your resume and explore career interests through travel opportunities, employment, or volunteer work
- ◇ Begin preparing for the SAT or ACT
- ◇ Start checking out universities, community colleges, or technical schools that you may be interested in by visiting their websites

THE TESTS

SAT

The SAT is a three hour college entrance examination administered by the College Board designed to measure a student's critical thinking and problem solving abilities. It is primarily a multiple choice test with questions appearing in order of difficulty with a wrong answer penalty. The test is administered seven times a year and has three parts. The reading section of the exam evaluates reading comprehension; the mathematics section includes algebra, geometry, statistics, probability, and data analysis; and students must compose an essay for the writing section. Each part is scored on a scale from 200-800 with 2400 being a perfect score. If you take the test multiple times, some colleges will accept the highest score, but some colleges will not; so it is not recommended that students take the test until their junior year. For more information on test dates, locations, and costs, visit the website www.collegeboard.com.

ACT

The ACT is another college entrance examination that is more content based like an achievement test. It is a multiple choice test, but questions do not appear in order of difficulty and there is no penalty for wrong answers. There are four sections on the test: English, reading comprehension, mathematics, and science reasoning. Students receive a score for each section and a composite score from 1-36. ACT results are accepted by most colleges, but you should always check on admission requirements. This test is administered by the American College of Testing, and students can visit their website at www.act.org for more information.

ASVAB

The ASVAB or Armed Services Vocational Aptitude Battery is a test that was developed by the United States government and is used to place military recruits in a job that matches their interests and skills. It is a multiple choice test which contains sections on math, reading, and writing as well as mechanical comprehension, electronic information, automotive and shop information, and assembling objects. It is administered by the US military free of charge and can serve as a career exploration tool.

THE TESTS

FSA/EOC

The Florida Standards Assessment (FSA) is a state mandated assessment designed to determine if students have mastered basic reading comprehension skills. Students must pass this test to receive a regular high school diploma and schools are graded based on student performance on this test. Satisfactory scores on end of course examinations (EOC) are also required for some academic courses, such as Algebra, Geometry, and Biology.

AP EXAMS

Advanced Placement (AP) subject area tests may be taken by students who have completed an AP class. Tests are given in May at no cost to the student, and although students are not required to take these tests, they are encouraged to do so. With scores of 3 or higher (on a scale from 1-5) students may be granted college credit. Students should see their guidance counselors to make sure that colleges have received their AP scores by the end of their senior year.

PSAT

The PSAT/NMSQT (Preliminary SAT/National Merit Scholarship Qualifying Test) is a practice test for the SAT and is given nationally in October of each year. Additionally it is the instrument used to determine eligibility for the National Merit competition and Scholarships. It is recommended for all juniors but sophomores in honors classes may want to take it for the experience and to pinpoint areas of weakness. However, students who take the test as a sophomore must take it again as a junior and score in the top 1% of the nation to qualify for National Merit Scholarship consideration.

PERT

The Postsecondary Education Readiness Test (PERT) is administered to 11th grade students in Florida public high schools to determine readiness for Intermediate Algebra (MAT 1033) and Freshman Composition I (ENC 1101.)

SOPHOMORE YEAR RESUME INFORMATION

Extracurricular Activities (Clubs, Organizations, Scholastic Competitions)

Offices & Leadership Positions/Responsibilities

Honors & Awards Received

Sports (School and/or Community-Include Letters Earned, Awards, Leadership)

Community Activities (Clubs, Volunteer Work, Church Activities)

Work Experience

Goal for Sophomore Year

JUNIOR CHECKLIST

- ◇ Take the most challenging courses you can and keep your grades up
- ◇ Schedule an appointment with your guidance counselor to review your progress and turn in your community service hours
- ◇ Order a class ring if interested
- ◇ Sign up in guidance to take the PSAT in October
- ◇ Visit college websites and the table in guidance to acquaint yourself with admission requirements for schools you may want to attend
- ◇ Watch for visits to OPHS by colleges you are considering
- ◇ Attend the county wide College Night in the Fall
- ◇ Plan to visit some colleges during Spring Break, long weekends, or over the summer
- ◇ Keep up with scholarship and financial aid sources at www.flvc.org
- ◇ Plan to take the SAT or ACT in the spring if you are college bound
- ◇ Consider attending a college summer program for high school students
- ◇ Plan to do something productive over the summer such as attend an educational program or complete a career related internship or volunteer work
- ◇ Schedule your senior pictures for the summer if interested
- ◇ Create a profile on a scholarship website such as:
www.scholarships4students.com or www.schoolsoup.com or
www.scholarships.com

SENIOR YEAR RESUME INFORMATION

Extracurricular Activities (Clubs, Organizations, Scholastic Competitions)

Offices & Leadership Positions/Responsibilities

Honors & Awards Received

Sports (School and/or Community-Include Letters Earned, Awards, Leadership)

Community Activities (Clubs, Volunteer Work, Church Activities)

Work Experience

Goal for Senior Year

SENIOR CHECKLIST

- ◇ Keep your grades up. Senior grades are still important, even early acceptances are contingent on final transcripts
- ◇ Attend the county wide College Night in the fall
- ◇ Take the SAT or ACT in the fall if your previous scores were not high enough
- ◇ Order graduation announcements if interested and cap and gown
- ◇ Schedule an appointment with your guidance counselor early in the year and turn in your community service hours
- ◇ Watch for visits to OPHS by colleges you are considering
- ◇ Visit the websites of colleges in which you are interested and begin selecting your top choices
- ◇ Check out www.flvc.org for scholarship and financial aid information
- ◇ Attend the Free Application for Federal Student Aid (FAFSA) workshop
- ◇ Send in your FAFSA form as soon as possible after January 1st; forms are available at www.fafsa.gov
- ◇ Decide which teachers you will ask for college application or scholarship letters of recommendation. Be sure to give teachers 2-3 weeks' notice
- ◇ Pay close attention to college application deadlines
- ◇ Be sure your SAT/ACT scores were sent to all schools to which you applied
- ◇ Make your final decision about where you'll be going from here- university, community college, technical school, or the workforce
- ◇ Request that your final transcript be mailed to the school of your choice; these forms are available in guidance

JUNIOR YEAR RESUME INFORMATION

Extracurricular Activities (Clubs, Organizations, Scholastic Competitions)

Offices & Leadership Positions/Responsibilities

Honors & Awards Received

Sports (School and/or Community-Include Letters Earned, Awards, Leadership)

Community Activities (Clubs, Volunteer Work, Church Activities)

Work Experience

Goal for Junior Year

ACADEMIES OF ORANGE PARK HIGH SCHOOL

ACADEMY OF ENGINEERING, MANUFACTURING, AND DESIGN

ENGINEERING AND COMPUTER SCIENCE

- Industry Certifications
- Honors Level STEM Curriculum
- Entry Level Job Skills
- Mentoring and Internship Programs
- Team Environment
- Access to Dual Enrollment Courses through Embry Riddle (Senior Year)

AUTOMOTIVE

- ASE certification from NATEF
- Entry level job skills and prepared for postsecondary automotive training
- Quality for Gold Seal Vocational Scholarship

WELDING

- Entry level job skills
- NATEF training facility
- Quality for Gold Seal Vocational Scholarship
- National Center for Construction and Research Education (NCCER) Certification
- Welding Levels 1, 2, and 3

CARPENTRY

- Entry level job skills
- NATEF certified training facility
- Quality for Gold Seal Vocational Scholarship

ART/CERAMICS

- Begins with two dimensional techniques
- Includes sculpture and ceramics
- Progresses to AP Art and Ceramics (Senior Year)

VYSTAR ACADEMY OF BUSINESS AND LEADERSHIP

INTRO TO TECHNOLOGY

- Adobe Certified Associate Certification
- Business/Computer Skills
- On the Job Training (OJT)
- Quality for Gold Seal Scholarship

VYSTAR ACADEMY

- Quality for Gold Seal Scholarship
- Industry Certifications
- Honors Level Curriculum
- Entry Level Job Skills
- Mentoring and Internship Programs
- Team Environment
- Opportunity to work for VyStar Credit Union as a teller at their branches and the OPHS branch

ADVANCED PLACEMENT

- Classes are weighted (5.0)
- College credit at most universities with test scores of 3 or above

ROTC

- Leadership and citizenship
- College Scholarship opportunities
- Enlistment at an advanced pay grade

CULINARY

- Basics of food industry
- Experience in a restaurant setting
- Progresses to industry certification

ORANGE PARK MEDICAL CENTER ACADEMY OF HEALTH AND HUMAN SERVICES

ACADEMY OF HEALTH SCIENCE

- Certified Nursing Assistant
- Quality for Gold Seal Scholarship
- Post-secondary credit Department of Health HIV/AIDS, Domestic Violence, and Medical Errors certification
- Honors level curriculum

EARLY CHILDHOOD EDUCATION

- Florida DOE Early Childhood Professional Certificate and National Child Development Associate
- 9 semester hours at local state/ community college
- Quality for Gold Seal Vocational Scholarship

FORENSICS

- Overview of principles, procedures, and concepts of forensics
- Progresses to dual enrollment courses with St. Johns State College

MINIMUM REQUIRED CORE CLASSES FOR ADMISSION TO A STATE UNIVERSITY REGARDLESS OF ACADEMY CHOICE

- 4 units of English
- 4 units of Math (Algebra 1 or higher)
- 3 units of Natural Science
- 3 units of Social Science
- 2 units of (the same) Foreign Language
- 2 units of academic electives