
OHS RISING SENIOR SUMMER PACKET

Dear Class of 2025,

You are more than halfway through your Junior year, which means you are a rising Senior at OHS! A little more than one year left of High School- Let's make it count!

This packet is to help you get ahead on your senior year in terms of planning for life after high school. Believe us when we say it will be here before you know it.

Whether you plan on attending a 4-year college or university, 2-year community college, a skills-based training or certificate program, or a gap year, we are here to help you. We are prepared and happy to help support you no matter what you plan on doing after graduation in May 2025!

Please note that counselors are NOT checking my e-mail over summer break so if you have any questions or concerns, contact your counselor prior to Friday May 24th, 2024.

The OHS Counseling Team

Dr. Childress (last names A - Bn)

Ms. Fritz (last names Bo - D)

Ms. Clark (last names E - Ham)

Ms. Houck (last names Han - Ln)

Dr. Dobrow (last names Lo - Mon)

Ms. Berve (last names Moo - Ph)

Ms. Pineda (last names Pi - Sm)

Ms. Szenderski (last names Sn - Z)

Ms. Hagen (GT Students)

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JUNIOR PREPARATION WORKBOOK

SPRING JUNIOR CREDIT CHECK FOR: _____

MARCH *"What do you want your life after high school to look like?" * Keep Exploring and Preparing**

- ◇ Use the back side to help you find the tools and resources you need to make a great plan for yourself
- ◇ Consider visiting colleges/programs if you can- but visit when there are students present so you get an authentic feel!
- ◇ Make sure you know your **CREDIT CHECK** below! Did you sign up for the right classes for next year? Let's double check!

Subject	Credits Required	Credits Accrued	Credits Needed	Credits Enrolled In	Credits Needed Senior Year (upon successful completion of this semester)	Graduation Proficiencies Completed?
English	4.0					English
Social Studies	1.5					
Government	0.5					Y N
US History	1.0					If No: _____
Math	3.0					
Science	3.0					
World Lang.	x					Math
Practical Art	1.5					
PE	1.5					Y N
Health	0.5					If No: _____
Other						
Total	22.0					

APRIL

- ◇ Take the CCSD **SAT on April 17, 2024**. Remember, guessing at questions you don't know is **not** encouraged
- ◇ Attend the DU College Fair in April, there will be a lot of good information there!
- ◇ Think of teachers who'd be willing to write recommendation letters for you, **IF** you're applying where they're required
- ◇ Start to have conversations with your family about budget and costs. On each College's websites, they will have a calculator that will show you an estimated cost. You can do a financial aid forecaster that will help you see ahead to what amount of financial aid you may be looking at. Other schools and programs should have something similar
- ◇ Start researching scholarships. Use Naviance and Post Grad as a starting point to see what is out there and what you should be looking at doing next fall. Detailed information about financial aid matters are located in Post Grad

MAY

- ◇ Finish spring semester strong, this is the last **grade information** colleges/programs will receive until after you apply!
- ◇ **Have a good idea of where you will be applying to in the fall! You should have 6 choices narrowed down**
- ◇ Continue volunteering in your community throughout the summer
- ◇ Update your **Resume** to include all your activities and be reflective of your last 3 years. You can use your resume to start working on your **College Essay**

Junior year is best spent really think about **what** you want to do & **where** you want to go when you **leave** (not "what you want to be when you grow up")

No matter what your passions are or what plans you may make, it's almost guaranteed you will need some further type of education or training to excel in your future. That could mean a variety of options for life after high school.



1st

3rd

WHERE ARE YOU IN YOUR JOURNEY?

I DON'T EVEN KNOW WHAT I LIKE!
Let's start with some personality quizzes! These can help narrow down fields you may shine in!

*16 Personalities:

*Emergenetics: Ask your counselor!
*Naviance tab: Go to the "Self Discovery" tab & start the "Career" Surveys, you can do all of the surveys if you'd like!

FOUND SOME INTERESTING THINGS?
Now that you've found some "Career Concentrations" (fields), let's explore

*US Labor Stats:

*OHS Career Concentrations: Ask your counselor about classes- look at the Career Concentrations poster
*Naviance tab: Go to the "Careers" tab & check out what your results say about what the job entails & related occupations/majors (in the career clusters)

WHAT TYPE OF EDUCATION DO I NEED?

Found some interesting careers? Now see what degree's you need

*US Labor Stats:

*Career Outlook:

*Naviance tab: In the "Careers" tab see the average pay & type of education needed

WHAT DO I WANT OUT OF MY EXPERIENCE?

HOW DO I FIND SCHOOLS?

So where are the schools that offer what I want?

*Naviance tab: On the "Colleges" tab start a "Super College Match". Input your above list (location, career focus) & start to compare your matches. Save them in the "My Colleges I'm Thinking About" list

2nd

4th

Learn more about **Preparing in 11th Grade!**
Check out this **video** (ignore the dates, the information is the same!)

- Academic Degrees- College or University?
- Industry Certificates- Vocational or Technical School?
- Service- Military or Missions?
- Travel or Community Service- A "Gap" Year?
- Apprenticeship, Internships, Work?

Want to know **HOW** to search for schools?
Watch here!

*Remember to check the Counseling page on the OHS website and in Counseling/Post Grad offices for all your resources!

Counselors will meet with Juniors in March with the sheets above to review:

- Your credits toward graduation Your Job as a Junior
- March/April/May Timeline
- Resources to help you start thinking about life after graduation

We *strongly encourage* that you go through this packet first.

Copies are available on the [OHS website](#), Schoology, and counselor offices.

GRADUATION CREDITS AND REQUIREMENTS

As mentioned on the previous page, counselors will meet one-on-one with all Juniors to review graduation progress. In this meeting, students are given a copy of their unofficial transcript and a breakdown of what classes they have left to complete prior to graduation.

The class of 2025 will meet with their counselor again in the fall to make sure they understand their current standing with credits and other graduation requirements.

Please note that in addition to the 22 (specific) credits required to graduate, students must also show proficiency in English and Math. See below to learn more.



Starting with the graduating class of 2021, students must meet or exceed the following graduation requirements to receive a diploma from the Cherry Creek School District. *The Cherry Creek School District engaged community stakeholders (parents, students, staff, graduates, local business owners) in the process of updating graduation requirements effective for the class of 2021. The next iteration of excellence in Cherry Creek requires a focus on innovative teaching, thinking and learning in a systemic manner for all students, in every school - every day!*

1 Course Requirements

Board Policy IKF

A minimum of 22 units of credit shall be necessary for high school graduation.

- English: 4.0 units
- Mathematics: 3.0 units
- Science: 3.0 units
- Social Studies: 3.0 units
- Physical Education: 2.0 units
- Fine Arts or CTE: 1.5 units
- Elective Offerings: 5.5 units

3 Essential Skills for Success

The following skills are critical to success in College and Career.

- Innovation
- Critical thinking skills
- Real world experiences
- Problem solving
- Curiosity / Inquiry
- Relevancy
- Working in teams
- Communication skills
- Project based learning
- Flexibility / Adaptability

2 College and Career Ready Demonstration Requirement for Graduation in Cherry Creek

Regulation IKF-E

In addition to required coursework, all students must demonstrate career or college readiness in mathematics and English Language Arts through at least one menu option below.

	English Lang. Arts	Mathematics
Next Generation Accuplacer	241 on Reading OR 236 on Writing	255 on Arithmetic (AR) OR 230 on Quantitative Reasoning, Algebra and Statistics (QAS)
Classic Accuplacer	62 Reading Comprehension OR 70 Sentence Skills	61 on Elementary Algebra
ACT	18	19
ACT WorkKeys	Bronze or higher	Bronze or higher
Advanced Placement	2	2
ASVAB (AFQT score)	31 st percentile	31 st percentile
Concurrent Enrollment	Passing Grade	Passing Grade
International Baccalaureate	4	4
SAT	470	500
District Capstone	Secondary Literacy Assessment	Portfolio of Skills Exams
Industry Certificate	District Determined	District Determined

DIFFERENT OPTIONS FOR AFTER HIGH SCHOOL

Community College

Community colleges are higher education institutions that provides two-year curriculum that can include leading to an associate’s degree. Other programs in place include a transfer program towards a four-year degree and occupational/certificate programs (one and two-year programs of study).

Examples include Community College of Aurora, Community College of Denver, and Arapaho Community College

College/University

A four-year college or university offers a bachelor’s degree. Programs that offer these degrees are “undergraduate” schools. A “university” is a group of school for studies after secondary/high school. At least one of these schools is a college where students receive a bachelor’s degree.

Examples include University of Denver, University of Colorado Boulder, Colorado School of Mines, and Metropolitan State University.

Military

Different branches of the military include Army, Navy, Air Force, Marine Corps, National Guard, and Coast Guard.

Work Force/Gap Year


Some students wish to start working straight after high school, perhaps to earn money to pay for further schooling and/or are not sure what to do with his/her life yet. We completely understand the need to do so but encourage students to have this conversation with their family and counselor.

UNDECIDED: MAKING A PLAN

Unsure of what you want to do/study?

- Log into Naviance* & complete the Career Cluster Finder and/or Career Interest Profiler
Click on "Self Discovery" on the top of your screen

Career Cluster Finder

A graphic for the Career Cluster Finder tool. It features a central magnifying glass with a pink heart inside. Surrounding the magnifying glass are various icons: a stack of books, a bar chart, a lightbulb, a rocket, a microscope, a gear, and a plant growing in a pot.

The **Career Cluster Finder** helps you identify your interests and discover career clusters that contain careers that might interest you.

Career Interest Profiler

A graphic for the Career Interest Profiler tool. It features a central brown briefcase with a pink heart in front of it. Surrounding the briefcase are icons: a scale of justice, a briefcase, a clock, a truck, and a person sitting at a desk.

The **Career Interest Profiler** captures your interests to help identify your personality traits and suggests careers based on the U.S. Department of Labor's data.

- Browse [College Board's Major and Career Search](#)
- Make a list of things you like to do and think about and research careers that go with those things. Use sites like [O*net](#) and the [Occupational Outlook Handbook!](#)

*Naviance is a tool that you will often use as a Senior.

Log in to [my.cherrycreek](#) and click on the tile that says Naviance

If you still need help contact your counselor or [Mr. Sewell](#) in the Post Grad office.

RESUME

A Resume is something you will need to have throughout your life as so we recommend that you start now, especially going into your senior year. A resume is a document that shows/lists your background and skills. For seniors in high school, you want to capture what is relevant about your high school career in order to help you develop your applications to colleges, universities or technical schools.

A Resume will also help:

- Provide insights to teachers, counselors, etc. for letter of recommendations
- Discuss your background with school counselors and college advisors
- Identify topics on which to elaborate in personal statements and essay
- Recall information to complete various sections of college and scholarship applications

Things to keep in mind when writing a Resume:

- Spell check! Nothing should be misspelled
- Do not use slang, curse words, or imply anything negative
- Do not lie
- Use action verbs to describe your roles and responsibilities
- Ask an adult to look it over for things you may have missed
- Keep it looking professional but make it your own

Below is a sample resume. There is also a resume writing tool available on Naviance.

First Name and Last Name
12400 E. Jewell Ave., Aurora, CO
(720) 000-0000
Studentemail@cherrycreekschools.org

Objective: (Overview of why you are applying to this particular opportunity... for example, to obtain a part-time job to earn money for college application fees, to obtain an internship to learn valuable skills and experience in the field I am interested in, etc.)

Education

08/2021 – Current Overland High School, Aurora, CO
Expected graduation date: May 2025
Awards: Honor Roll 2021-2023

Extra-Curricular Activities

Swim Team (2021 – current)
National Honor Society (2021 – current)

Work Experience

08/2022 – Present Chick-Fil-A, Aurora, CO
-Preparing and packaging food for customers
-Greeting customers and taking orders
-Completing transactions on the cash register

Volunteer Experience

08/2022 – Present Dumb Friends League, Denver, CO
-Clean kennels for dogs
-Assist staff with feeding animals
-Assist with adoptions

Skills

-Complete fluency in Spanish
-Basic knowledge of Microsoft Word, Excel, and PowerPoint
-Excellent communicative skills
-Attention to detail and organization

STANDARDIZED TESTING

The ACT and the SAT are standardized tests used for college admissions decisions. Most colleges do not prefer one test over the other and different students tend to do better on one than the other. Due to the nature of COVID-19, many colleges have chosen to go test-optional.

All juniors in the CCSD will take SAT on Wednesday April 17th, 2024. Scores are released to students in the following weeks. Depending on your score and your post grad plans, we suggest taking practice tests during summer and/or early fall to be better prepared for the next time you take the test.

What are the benefits of taking the SAT?

- You may fulfill additional graduation requirements in English/Math (see page 4 of this packet)
- Certain minimum scores are required by select Colleges/Universities
- Certain minimum scores are required by large (local) scholarships
- It helps improve overall test taking skills

Here are a few ways to study:

1. Free practice problems on each of the tests website
 - a. [ACT](#)
 - b. [SAT](#)
2. [Khan Academy](#)
3. [Methodize](#) (formerly Method Test Prep)
create a free account

Anticipated* dates for the 2024-2025 school year

SAT: TBD

ACT: TBD

**Please check back in August for official dates*

VISITING A COLLEGE CAMPUS

If you are considering attending a community college or 4 year college/university, *we highly encourage you to visit a campus this summer*. Visits provide you with a more complete picture of what to expect from being a student on that campus. College tours allow students to ask questions, meet other prospective students and understand the college on a deeper level. How you feel about schools once you visit in person may affect the direction your college search and application process takes.

Many college tours are back to being in person (rather than virtual), are easy to schedule, and are FREE. Visit the college website to schedule a tour!

Below are some questions you might want to ask on your tour:

Academics:

- What is the average class size?
- How many classes do students take a semester?
- How/when do incoming freshman get course selection advising for their first-semester classes?

Campus/Student Life:

- What percentage of students live on campus versus commute?
- What is your favorite tradition at this college/university?
- What kind of student thrive best on this campus?
- How is the food on campus?

Athletics/Clubs:

- What options are there for club and intramural sports or fitness classes?
- What kinds of student clubs are available for students to join?
- What are the sporting events like here?

Support:

- How often do professors have office hours?
- Is there free academic support or tutoring?
- What health and mental wellness service are available on campus?

THE COMMON APPLICATION

[The Common Application](#) (or Common App for short) is a streamlined admission process for students who are applying to multiple colleges and universities. There are over 800 institutions in over 20 countries that accept the Common App. The Common App usually opens August 1st, but we suggest that our rising Seniors get started by creating an account and working on the information they already have while having the flexibility of being on summer break.

There are 7 main sections* of the Common App:

1. Profile

Personal Information
Address
Contact Details
Demographics (optional)
Geography
Language
Citizenship
Common App Fee Waiver

2. Family

Household
Parent and/or Guardian
Sibling(s)

3. Education

School
History
Academic Information

4. Testing

College Entrance
English for Non-Native Speakers
Academic Subjects
Other

5. Activities

Principal Activities/Work

6. Writing

Personal Essay
Disciplinary History
Additional Information

7. Courses and Grades

Colleges/Universities in Colorado that use the Common App

- Colorado College*
- Colorado Mesa University
- Colorado School of Mines
- CSU Fort Collins*
- Fort Lewis College
- MSU Denver
- CU Boulder*
- CU Colorado Springs
- CU Denver
- Regis University
- University of Denver*
- UNC
- Western State Colorado Univ.

**These schools only use Common App*

*For some institutions, in addition to these sections are College-Specific Questions and College Writing Supplements.

2023-2024 (last year) Common App Essay Prompts

This past year's essay prompts are almost the same ones as the previous year as Common App determined that they had great flexibility for applicants to tell their unique stories in their own voice. In addition to this, retaining the essay prompts provides the added benefit of consistency for students, counselors, families, and members during the admissions process.

Students will choose one of the prompts below and write an organized and well-structured essay between 250 to 650 words. The prompts are designed to encourage reflection and introspection. The essay should be engaging, insightful, and include self-analysis.

1. Some students have a background, identity, interest, or talent that is so meaningful they believe their application would be incomplete without it. If this sounds like you, then please share your story.
2. The lessons we take from obstacles we encounter can be fundamental to later success. Recount a time when you faced a challenge, setback, or failure. How did it affect you, and what did you learn from the experience?
3. Reflect on a time when you questioned or challenged a belief or idea. What prompted your thinking? What was the outcome?
4. Reflect on something that someone has done for you that has made you happy or thankful in a surprising way. How has this gratitude affected or motivated you?
5. Discuss an accomplishment, event, or realization that sparked a period of personal growth and a new understanding of yourself or others.
6. Describe a topic, idea, or concept you find so engaging that it makes you lose track of time. Why does it captivate you? What or who do you turn to when you want to learn more?
7. Share an essay on any topic of your choice. It can be one you've already written, one that responds to a different prompt, or one of your own design

THE COLLEGE ESSAY

Many colleges and universities have their own application and require a college essay. This is something that you will work on in your English 12 class in the fall but if you are wanting to start it now or at least start thinking about it, here are some helpful tips. Remember that colleges are looking for well-rounded candidates who are involved and give back to their school, community, etc.

- Type and double-space your essay. Neatness counts!
- Answer the prompt and stick to the guidelines. Read all directions.
- Be honest and write your own essay. Don't let plagiarism be an issue!
- Get started early. As soon as you receive your application, look to see if an essay is required. If it is, look at the prompt and start thinking about what you will write.
- Tell your story. Do not list your accomplishments. This makes for really dry reading and doesn't tell the college anything that isn't already listed on your application or resume. Show yourself off!
- Allow enough time for your essay to sit between drafts. Come back to your essay and work out the kinks over time.
- Read your essay to people who will be honest. English teachers and Counselors are good people to ask. Make necessary corrections.
- Avoid clichés or trite sentiments such as, "Through sports, I have learned the value of teamwork...." There are other ways to write about your important experiences, ask for help if you need to.
- Focus on your resiliency and the experiences you have had in your life, especially if they have had an impact on your academics. But do not manufacture hardship, or use it to try to explain low grades on your transcript. See your Counselor if that applies to you.
- Proofread and edit carefully. Although you should be sure to use spell check, do not rely solely on it to catch errors. Read it aloud to yourself and others to make sure it flows.
- Write about the "why" and not about the "what".

FALL SEMESTER PREVIEW

Seniors can expect and should plan to attend the following in the Fall 2024

- **College Information and Financial Aid Night (Date TBD)**
 - A more in-depth look at the college application process
 - Detailed information about paying for college
 - FAFSA
 - Scholarships
 - Loans

- **Scholarship presentations (Dates TBD, school hours)**
 - These will take place at OHS during the school day
 - Students who qualify will be invited to attend
 - Daniels Fund & Boettcher Scholarship

- **College and Career Readiness Day (October 12, 2022)**

- **One-on-one credit checks with Counselors (TBD September, school hours)**

- **FAFSA Workshops (TBD November)**

- **And more!**

FREQUENTLY ASKED QUESTIONS

When should I start applying to college?

In the fall after completing some research over the summer (be aware of deadlines).

When should I apply for FAFSA (Free Application for Federal Student Aid)?

FAFSA does not open until October 1st. Please come to our Senior night to learn more about the application process!

Where can I find scholarships to help pay for college?

You can start looking now on Naviance but many do not open until summer. You can also do a google search or use site such as Going Merry. *Never pay for a scholarship!*

When will I get my senior schedule?

Sometime in August!

How many off periods am I allowed to have as a Senior?

If you are on track to graduate, you can have 2 off periods semester 1. This means you will take your 4 core classes (English, Social Studies, Math & Science), 2 electives, plus advisory. *No exceptions.*

Can I have 2 off periods and student assistant instead of an elective?

No. The state of Colorado requires you have a specific amount of curriculum seat time.

Am I going to have my same counselor next year?

We will have 9 counselors are coming back next school year and should be in their same offices. See below for counselor/student break down.

Dr. Childress (last names A-Bn) schildress@cherrycreekschools.org

Ms. Fritz (last names Bo-D) cfritz2@cherrycreekschools.org

Ms. Clark (last names E-Ham) cclark44@cherrycreekschools.org

Ms. Houck (last names Han-Ln) thouck@cherrycreekschools.org

Dr. Dobrow (last names Lo-Mon) jdobrow@cherrycreekschools.org

Ms. Berve (last names Moo-Ph) mberve@cherrycreekschools.org

Ms. Pineda (last names Pi-Sm) apineda6@cherrycreekschools.org

Ms. Szenderski (last names Sn-Z) sszenderski2@cherrycreekschools.org

Ms. Hagen (GT Students) dhagen@cherrycreekschools.org

VISIT A LOCAL COLLEGE CAMPUS



Arapahoe Community College – Several public transportation options
Make an appointment to visit campus [here](#)
Spanish: Hiram Marquez Hiram.Marquez@arapahoe.edu



COMMUNITY
COLLEGE
of AURORA

Community College of Aurora – Several public transportation options
Make an appointment to visit campus [here](#)
Spanish: Amy Hernandez Amy.Hernandez@CCD.edu



COMMUNITY
COLLEGE OF
DENVER

Community College of Denver - Take the RTD (H Line) to "Colfax at Auraria Station"
Make an appointment to visit campus [here](#)
Spanish: Erik Aguilar Erik.Aguilar@ccaaurora.edu



REGIS
UNIVERSITY

Regis University – Several public transportation options
Make an appointment to visit campus [here](#)



MSU Denver - Take the RTD (H Line) to "Colfax at Auraria Station"
Make an appointment to visit campus [here](#)



UNIVERSITY of
DENVER

University of Denver - Take the RTD (H Line) to "University of Denver Station"
Make an appointment to visit campus [here](#)



Denver

University of Colorado Denver - Take the RTD (H Line) to "Colfax at Auraria Station"
Make an appointment to visit campus [here](#)