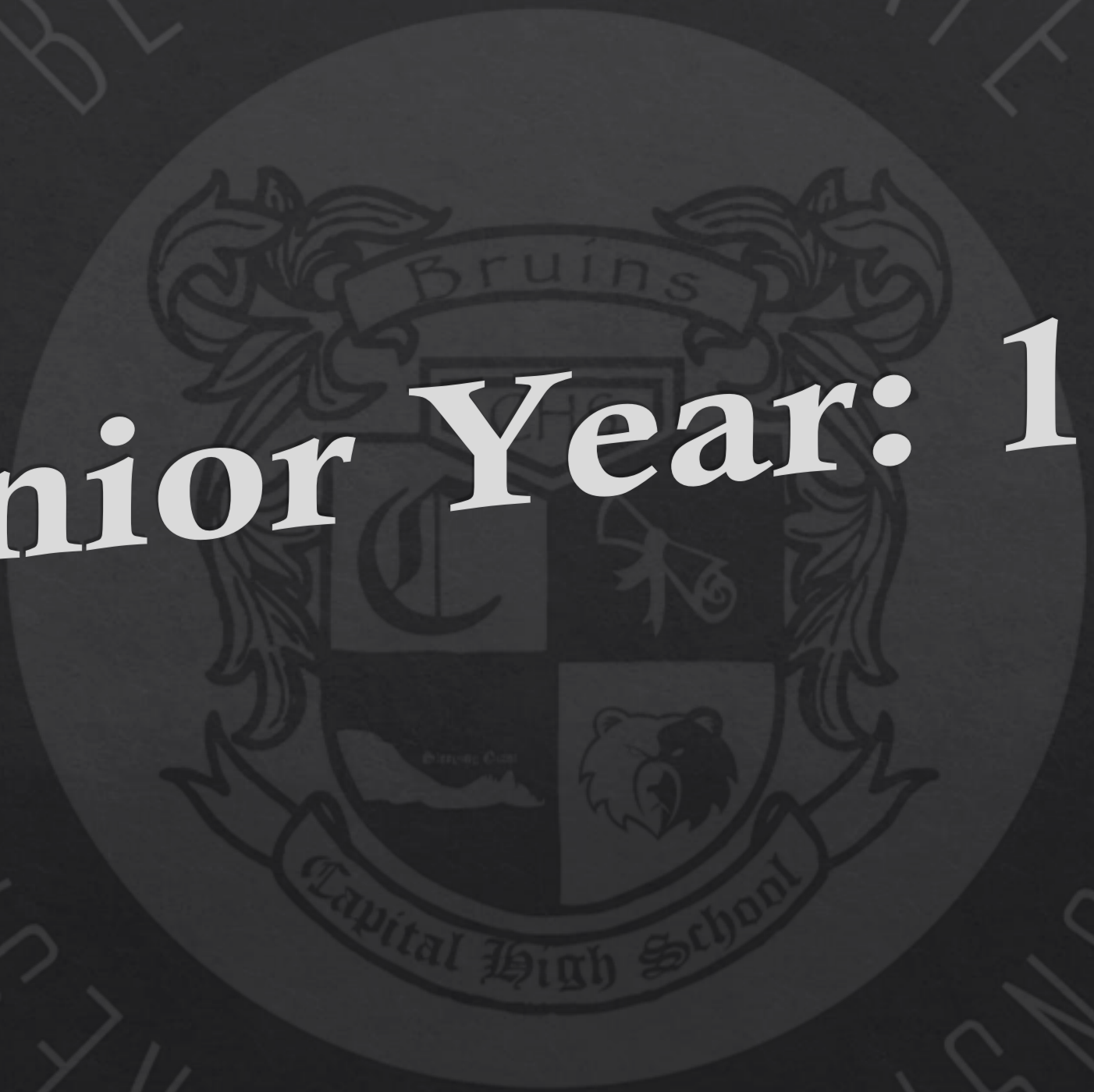


# Senior Year: 101



# The Counseling Department

## Last Name of Student:

A - D Mr. Robinson 324-2493 [jrobinson@helenaschools.org](mailto:jrobinson@helenaschools.org)

E -K Mrs. Meldrum 324-2491 [dmeldrum@helenaschools.org](mailto:dmeldrum@helenaschools.org)

L-Ri Mrs. Boggs 324-2492 [bboggs@helenaschools.org](mailto:bboggs@helenaschools.org)

Ro-Z Mrs. Decker 324-2490 [cdecker@helenaschools.org](mailto:cdecker@helenaschools.org)

## Career & College Counselor

Ms. Aspen Herndon 324-2483 [aherndon@helenaschools.org](mailto:aherndon@helenaschools.org)

# Graduation Requirements

<u>Code</u>	<u>Credit Type</u>	<u># of Credits Required</u>
(ENG)	English	4
(SST)	Social Studies (World cultures)	1
(GOV)	American Government	1
(USH)	American History	1
(SCI)	Science	2
(MTH)	Math	3
(HP)	Human Performance	1.5
(HE)	Health	0.5
(FA)	Fine Arts	1
(VOC)	Career and Tech Ed	1
(ELE)	Electives	7
Total		23

◇ *Any class above Grad requirements counts as Electives, no matter the code*



# Understanding Your Transcript

Classes  
Are Coded to  
Match  
Grad Req's



Subj	Course Title	Mark:	S1 Cr	Mark:	S2 Cr	Subj	Course Title	Mark:	S1 Cr	Mark:	S2 Cr
<b>15-16 C.R. Anderson Middle School</b>											
MTH	Algebra	A	0.50	A	0.50						
ELE	Spanish I	A	0.50	A	0.50						
<b>16-17 Capital High School</b>											
ENG	English 1 Honors	A	0.50	A	0.50						
SST	World Cultures	A	0.50	A	0.50						
MTH	Math 1 Honors	A	0.50	A	0.50						
SCI	Earth Science Hon	A	0.50	A	0.50						
ELE	Spanish 2	A	0.50	A	0.50						
HP	Personal Wellness S1	A	0.50								
HP	Personal Wellness S2			A	0.50						
<b>17-18 Capital High School</b>											
ENG	English 2 Honors	A	0.50	A	0.50						
MTH	Math 2 Honors	A	0.50	A	0.50						
SCI	Biology 1 Honors	A	0.50	A	0.50						
SCI	Chemistry 1	A	0.50	A	0.50						
ELE	Spanish 3	A	0.50	A	0.50						
VOC	Money Management	A	0.50	A	0.50						
HP	Soph HP PE	A	0.50								
HE	Health Enhancmt			A	0.50						
<b>18-19 Capital High School</b>											
ENG	English 3 AP	A	0.50	A	0.50						
USH	Amer History AP	A	0.50	A	0.50						
MTH	Pre Calc Honors	A	0.50	A	0.50						
SCI	Biology AP	A	0.50	A	0.50						
ELE	Spanish 4	A	0.50	A	0.50						
FA	Photo 1 Sem 1	A	0.50								
FA	Photo 2 Sem 2			A	0.50						

Credits  
Earned



Classes are  
graded for  
Semesters  
only



Class  
Rank  
and  
GPA



Academic Summary	
Total GPA: 4.000	Class rank is 1 of 322
Earned Credit Hours: 21.00	Req. For Graduation: 23.00
Test Scores	
<b>ACT</b>	<b>ACT</b>
Date: 04/30/2019	Date: 04/30/2019
Composite: 36	Composite: 36
English: 36	English: 36
Math: 34	Math: 34
Reading: 36	Reading: 36
Writing Sub 09	Writing Sub 09
Writing Combined:	Writing Combined:
Science: 36	Science: 36
ELA: 32	ELA: 32
STEM: 35	STEM: 35
<b>SAT</b>	<b>SAT</b>
Date: 00/00/0000	Date: 00/00/0000
Total:	Total:
Critical Reading:	Critical Reading:
Math:	Math:
Writing:	Writing:
<b>Montana University System Writing Assessment</b>	
Date: 00/00/0000	
Writing: 0.0	
Work In Progress	
<b>Subj</b>	<b>Course Title</b>
<b>Credits</b>	
19-20 Capital High School	
AMG	Amer Govt AP
AMG	Amer Govt AP
Mth	AP Calculus AB
Mth	AP Calculus AB
SCI	AP Environmental Science
SCI	AP Environmental Science
	Assistant Sci
	Assistant Sci
ENG	Eng IV/Colleg
ENG	Eng Lit 110
ELE	Spanish 5 AP
ELE	Spanish 5 AP

Subj	Course Title	Mark:	S1 Cr	Mark:	S2 Cr
03/08/2002	04/08/2002	07/12/2002	06/23/2003	07/27/2007	
03/08/2002	04/18/2002	01/17/2003	06/23/2003		
07/27/2007	07/22/2008				
HPB	02/04/2002	05/20/2002	07/12/2002		
HPV	07/09/2014	09/09/2014			
IPV	03/08/2002	04/08/2002	01/17/2003	06/23/2003	07/27/2007
MCV	07/09/2014				
MENB					
MMP					
MMR	03/27/2003	07/27/2007			
MSL					
PCV	05/20/2002				
ROT					
RUB					
TDP	07/09/2014				
VAR	03/27/2003	07/27/2007			

Immunization  
Record



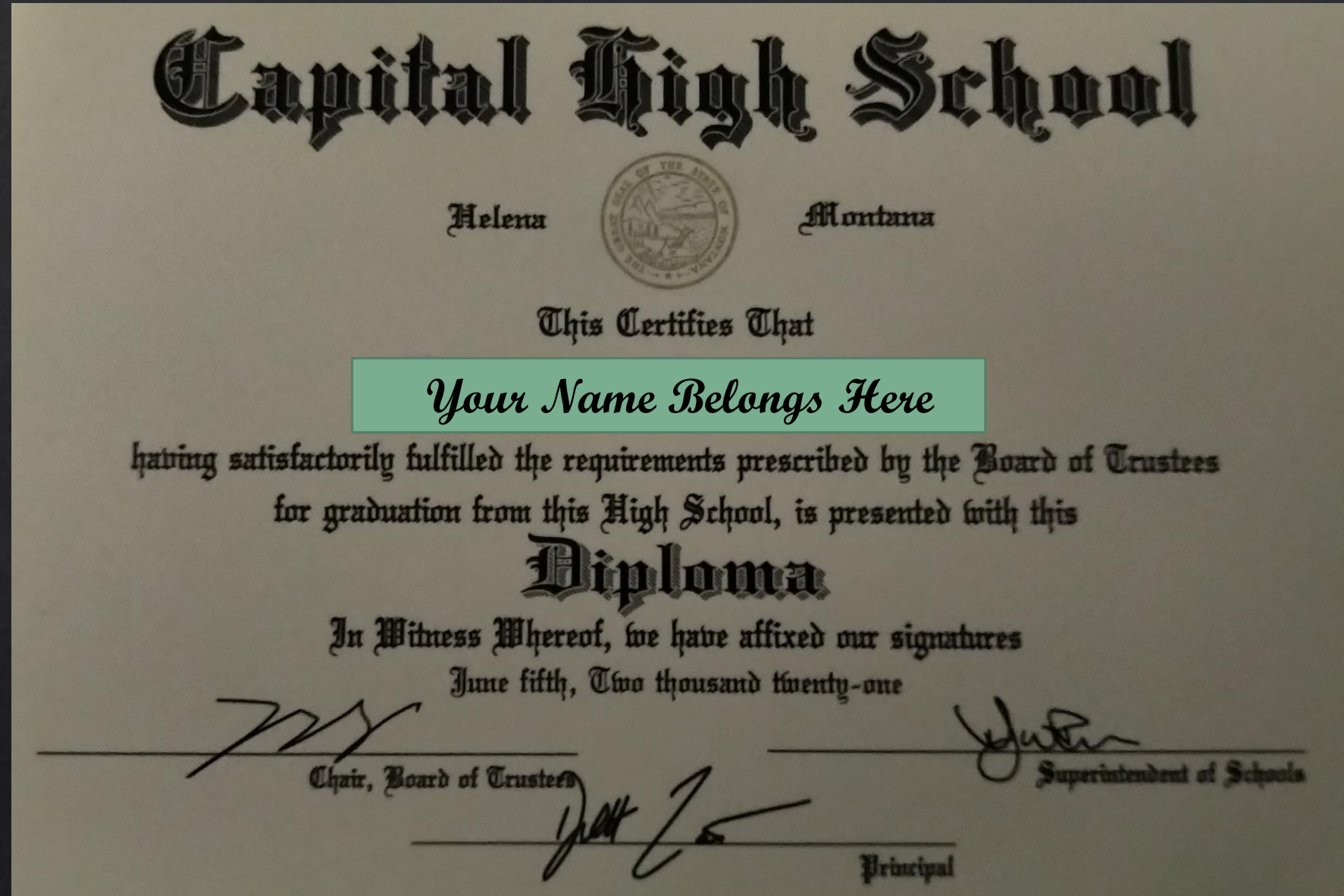
Transcript is official if signed by school and imprinted with seal.  
School \_\_\_\_\_  
Official's Signature \_\_\_\_\_ Date: 9/17/19

# Earning Your Diploma

*We must put the official legal name on your Transcript and Diploma*

*Does it match your driver's license/birth certificate?*

*When filling out applications, please use your legal name*



# B.E.A.R. Award

Bruin Educational Achievement Recognition or B.E.A.R. for short.

To be eligible for the recognition, students must complete the following

- 10 or more Honors, Advanced Placement, or Accelerated courses
- Earn a B or better in all 10 courses
- 7 of the 10 courses must be from core academic areas (English, Math, Social Studies, Science, or Foreign Language)
- Graduate with a minimum of 26 credits
- Cumulative GPA of 3.5 or above
- No outstanding disciplinary issues
- Be involved in 2 school related activities
- Complete an application senior year.

Application is in the career center, check with your counselor if you have questions

**APPLICATION IS DUE MARCH 1<sup>st</sup>**



# Advanced Placement

- ◆ Your AP teachers have or will be giving you your AP join codes.
  - ◆ You need to sign up for your College Board AP account ASAP and make sure you are listed in the correct courses.
  - ◆ Registration will start September 22<sup>nd</sup>
- ◆ The deadline to register for AP exams will be November 13<sup>th</sup> .
  - ◆ Exams are \$40 (School district is covering the rest ) there is a fee \$40 for late sign up or dropping
  - ◆ We will follow the standard AP exam schedule
  - ◆ Exams will be between May 4<sup>th</sup> - May 15<sup>th</sup>.
  - ◆ Check your AP Central account for your specific test date.



# AP Course Transfer Credits

**Did you know there is a way to see how every college will accept your AP scores?**

<https://apstudents.collegeboard.org/getting-credit-placement/search-policies>

You can search colleges you are interested in attending and it will list all AP classes, the score needed, and the college course they will give you credit for, and the number of credits they will award you.

Here is an example

Montana State

English Language- Score needed 4, Writing 101 3 credits

English Literature- Score needed 3, Lit 110 3 credits

University of Montana

English Language- Score needed 3, Writing 101 3 credits

English Literature- Score needed 4, Lit 110 3 credits

Carroll College

English Language- Score needed 5, Eng Writ 102 4 credits

English Language- Score needed 4, Eng Writ 101 3credits

English Literature- Score needed 4, Eng Lit 215 3 credits



# Transcript Requests

- ◆ Helena Public Schools has partnered with Parchment to deliver secure electronic transcripts to colleges.
- ◆ While you are still enrolled at CHS it will be free to use the parchment service.
- ◆ You will need to register for a parchment account on [parchment.com](https://parchment.com)
  - ◆ Make sure you use your legal name and a personal email address to link your account

## ORDER YOUR TRANSCRIPT

IN THREE EASY STEPS

### 1 Register For Your Free Account

If you received a registration code handout, go to [parchment.com/register](https://parchment.com/register).  
If you received an email, just click the link

1. Visit [Parchment.com](https://parchment.com)
2. Find your school
3. Build your profile



### 2 Request Your Transcript

1. Choose Order
2. Select Destinations such as colleges, Common App or yourself
3. Review your Order and Check Out

### 3 Track Your Transcript

1. Watch your email for updates
2. Log in to Parchment for more details



Need Help?

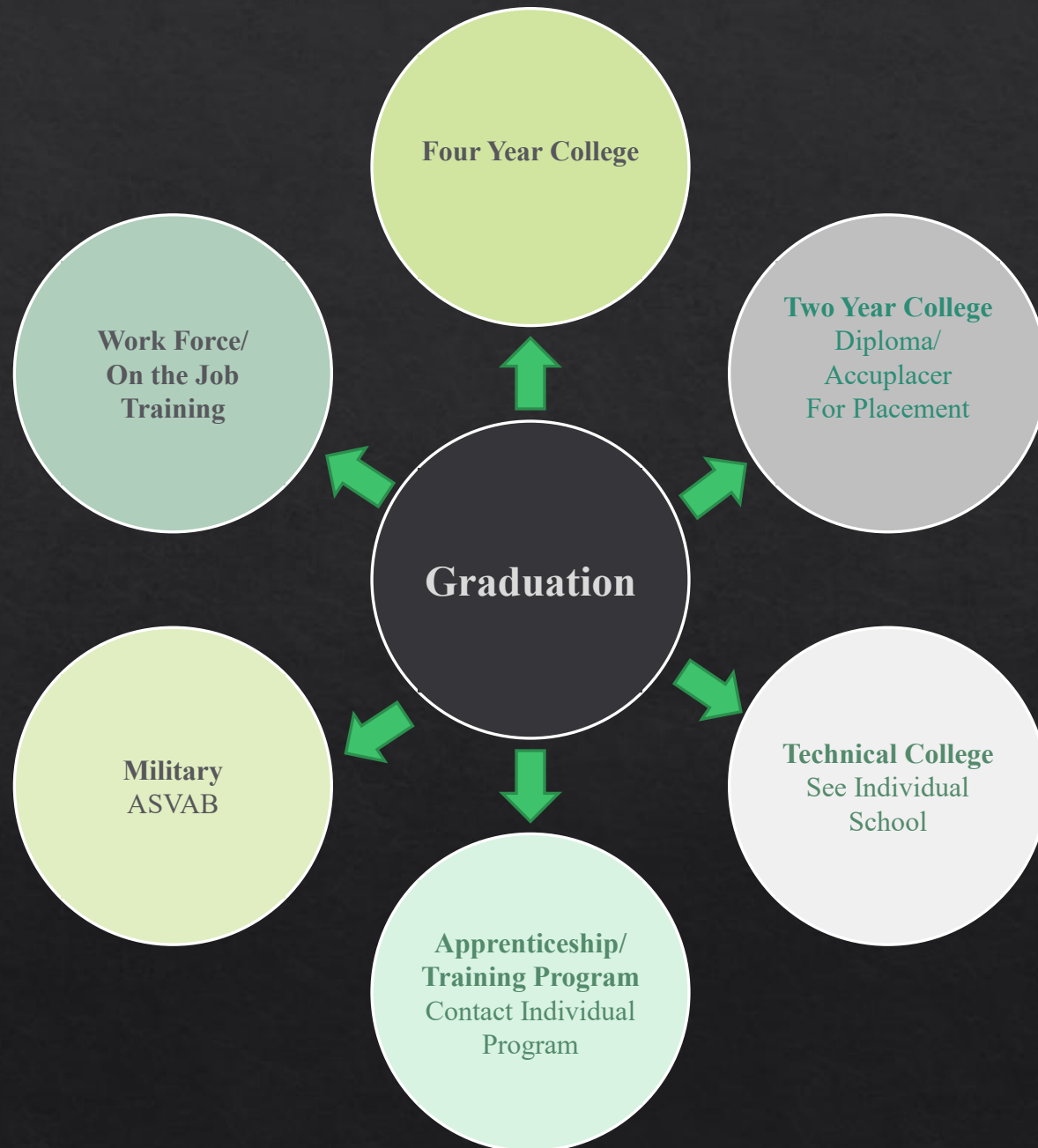
Visit [support.parchment.com](https://support.parchment.com) today!

 Request and Track Transcripts  Explore Colleges  Analyze Admissions Data

COLLEGE, HERE I COME! 



Graduation is the start,  
not the finish line!



# CHS Career Center

**Ms. Aspen Career Counselor offers the following services**

## **Job Opportunities**

<https://chs.helenaschools.org/departments/counseling-and-career-center/>

## **College and Military Visits**

Post by senior wall & on our social medial accounts

## **Scholarship Searches**

<https://chs.helenaschools.org/departments/counseling-and-career-center/>

## **Letters of Recommendation**

How many do I need? Who should I ask?

## **College/Personal Essay**

How to bolster your college, military, or employee application

Services offered: Internships, careers, college searches, scholarships, financial aid, and other post-secondary opportunities.

# Not sure where to start?

**Use Montana Career Information System!**

**Research Careers**

**Interest Inventories**

**College Searches**



The screenshot shows the MCIS website interface. At the top, the logo for MCIS (Montana Career Information System) is on the left, and the Montana Department of LABOR & INDUSTRY logo is on the right. Below the logos is a navigation menu with links for HOME, ABOUT US, WHAT'S NEW, PRODUCTS, TECHNICAL SUPPORT, PARTNERS, and PRIVACY POLICY. The main content area features a large image of a diverse group of young professionals in various career paths. Below this image is a section titled "Your Future Begins Now" with a photo of two smiling students. To the right of this section is a login area with fields for Username and Password, a LOG IN button, and a link for "Log in with Clever".



# Fall College to do list

- \* Start Letters of Recommendation: (3) Request these letters with at least a 2-week notice, forms available in Career Center.
- \* Start working on your college application essays: Have a teacher read and discuss the essays with you.
- \* Create an account with [applymontana.mus.edu](http://applymontana.mus.edu) for Montana college application submissions
- \* Participate in College Application Week: Sept 22-26th
- \* Meet with Ms. Aspen to discuss scholarships, financial aid, and admissions questions.
- \* Create a FSA ID and FAFSA account

# College Visits/ Recruiters

Each CHS Student is allowed 2 excused absences of college visits each year

1. Parent excuse student prior to absence.
2. Obtain written verification from college official and give to CHS attendance. Absence will be changed to School Related.

College Reps are also visiting CHS often in the Career Center

1. Listen to the announcements, follow our social media accounts, NextGrad Screen in the foyer, or check the Counseling Department page for announced visits.
2. Sign-up ahead of time in counseling office.
3. Counseling office will send pass to attend.

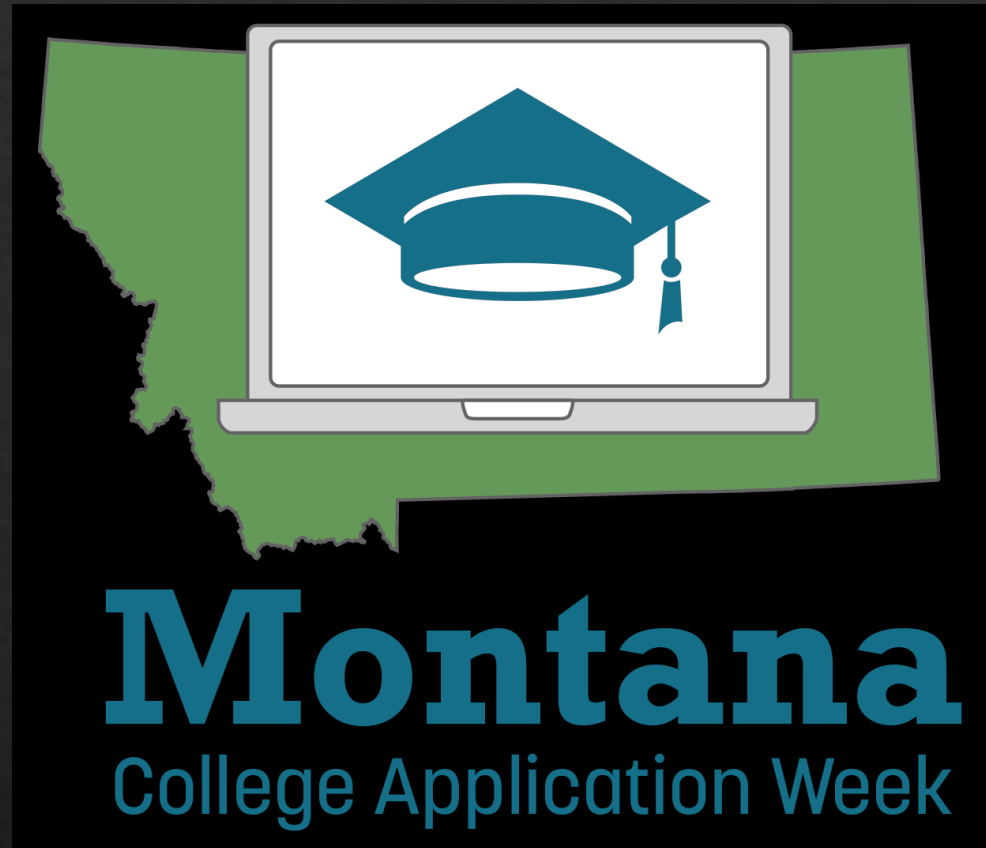
# *College Application Week*

*Sept 22<sup>nd</sup>-26<sup>th</sup>*

During CAW, you can make an appointment with the career center to get help with your college applications

Students will be able to apply to any college in Montana for free during CAW week (public and private schools)

You will get to come in during English classes that week



# Apply Montana

All public colleges in Montana now have 1 central application that you can apply for 1 to 16 schools for FREE! Anytime!

As long as you use the Apply MT portal, and not the school specific sites, the application fee is waived.

You can also use the page to search which schools offer what majors, so you are applying for the correct schools.

[applymontana.mus.edu](https://applymontana.mus.edu)



Apply  
Montana

## The sky is the limit

16 colleges. 1 application.  
\$0 for Montanans

APPLY NOW

# *ACT and SAT Online Accounts:*

If you would like to improve your test scores you will need to sign up through the testing services websites and take a weekend exam. If you need financial assistance to retake, please see your counselor.



**Go to the ACT Student web page to create your account and to register for a National Test. [ACT.org](https://www.act.org)**



**Use your College Board account. Same one for PSAT and/or AP Testing.**

**SAT is another option for a standardized test for college placement and scholarship consideration.**

# Other Options- 2 Yr. Schools to start

## **Open Admission**

Two-year colleges in the MUS offer open admissions that do not require the academic standards listed above.

However, certain programs (such as nursing) have admission standards.

A high school degree or HiSet (GED) is required for admission to all degree programs.

# FAFSA

*(Free Application for Federal Student Aid)*

***Why FAFSA? This is how you get a student loan or grant.***

Step One: Create a FAFSA ID. The student and one parent/guardian will need a username and password.

Step Two: Complete the FAFSA application online.

Important Dates:      October 1<sup>st</sup> (application opens)  
                                 December 1<sup>st</sup> (priority filing date for most schools)

*Even if you think you won't qualify for assistance, you should still complete the FAFSA because many scholarships or school programs require it.*

Need Help?  
Text FAFSAHELP to  
41411



# FAFSA WORKSHOP

The CHS Counseling Departments will be hosting a FAFSA Workshop, with help from Carroll College, Helena College, and Reach Higher Montana

**10/13**

**7-8:30 PM**

**Library**

Get help from FAFSA professionals filling out the forms.

Great help for first timers!

# Scholarships

- ◇ Academic (GPA, Test Scores)
- ◇ Institution based- (merit or degree specific)
- ◇ Need Based (based on parents' income)
- ◇ Employer Based (where you or your parents work)
- ◇ Identity Based (groups you identify with, religion, orientation, etc.)
- ◇ Service Based (Volunteer experiences)
- ◇ Talent Based (athletics, music, theater, etc.)
- ◇ Military Based (ROTC, GI Bill)

◇ *Scholarship search tools and services-*

[Fast Web](#)

[College Green Light](#)

[JLV College Counseling](#)

[Reach Higher Montana](#)

Our Scholarship Page

<https://chs.helenaschools.org/departments/counseling-and-career-center/>

# Looking out-of-state?

## Tools to consider:

### College Board Big Future

Pay for College tab; CSS Profile

### WUE (Western Undergraduate Exchange Program)

Student pays 150% of in-state tuition.

Questbridge (high achieving, low-income students; 4 year full-tuition to a partner school).

Income threshold, less than \$65,000. Application due by 9/29/2020.



# College Athletics

**If you plan to play college sports, you will need to create an eligibility account.**

**NAIA Athletes**

**[www.playnaia.org](http://www.playnaia.org)**

**NCAA Athletes**

**[www.ncaaeligibilitycenter.org](http://www.ncaaeligibilitycenter.org)**

**NCAA eligibility requires 16 core classes from  
Eng/SS/Math/Sci/FL**

# Military

<https://www.todaymilitary.com/> Quick link for info about all military options

## Air Force ROTC

2d Lieutenant Dalton Scheel (385) 364-8884

[dalton.Scheel.1@us.af.mil](mailto:dalton.Scheel.1@us.af.mil)

## Army National Guard

SSG Branden Watts (406) 594-4853

[branden.b.watts.mil@mail.mil](mailto:branden.b.watts.mil@mail.mil) or [www.MontanaGuard.net](http://www.MontanaGuard.net)

## Marines & Navy

Sergeant Brenden J. Pennington (406) 442-3871

[Brenden.Pennington@marines.usmc.mil](mailto:Brenden.Pennington@marines.usmc.mil)



# New Program for Service Members

Starting the fall of 2020

Qualifying members of the Montana National Guard and the Montana Air National Guard have been approved for full tuition waivers to all public Montana Colleges in the Montana University System

According to the policy, “This new mandatory tuition waiver will augment existing G.I. Bill and Tuition Assistance entitlements for Montana National Guard members, allowing them to receive financial aid packages that cover 100 percent of the cost of tuition in the Montana University System.”

This supplementary benefit is a tuition specific waiver and does not include fees associated with coursework or programming.



# Apprenticeships

Students who are completing the CHS Pre-Apprenticeship program need to be working with Mr. Canney or Mr. Kain to create the documentation and appropriate paperwork.

If you have not participated in our pre-apprenticeship program, but are interested in learning more about apprenticeship opportunities post high school, please visit

<https://apprenticeship.mt.gov/>

Apprenticeships are great options for career advancement and training.

Apprentices who complete their program earn an average of over \$63,000 annually, \$20,000 higher than the statewide average wage. After a 30-year career, that's a \$600,000 dollar difference, not even accounting for raises along the way. You'll start earning a paycheck the first day of your apprenticeship and are employed throughout your entire training program.

# CHS Pre-Apprenticeship Pathway

Students who have completed any of the classes below can register their hours with the MT Dept of Labor Apprentice Program and even if you don't start for years, they are there if you ever switch to a trade.

Capital High School Approved Pre-Apprenticeship Courses/Hours					
CHS Courses			CHS Activities/Certifications		
Course #	Course Name	Max Hours	Additional Hours That Can Be Earned at CHS		
7100	Industrial Tech	150		OSHA 10	10
7102	Carpentry 1	300		SkillsUSA	30
7190	Carpentry 2	300		NAHB	30
7173	Carpentry 3	300	Total Hours Earned at CHS		2170
7410	Drafting 1	150			
7163	Drafting 3-Arch	150			
7230	Welding 1	150	Supplemental Dual Credit Courses		
7240	Welding 2	300	1459	Technical Writing	150
7250	Welding 3	300	3356	Technical Math	150
Total Classroom Hours		2100	Max Potential Hours at CHS		2470

# Senior Yearbook

Senior Pictures Due - October 31<sup>st</sup>  
Email: [capitaldomeyearbook@gmail.com](mailto:capitaldomeyearbook@gmail.com)

Senior Ads due on October 31<sup>st</sup>

Yearbook Prices increase from \$70 to \$80 on  
October 31<sup>st</sup>

Ads and Yearbooks can be purchased on  
[www.yearbookforever.com](http://www.yearbookforever.com) or Capital Revtrak  
system under extras.

Any questions email:  
[capitaldomeyearbook@gmail.com](mailto:capitaldomeyearbook@gmail.com)



*Tomorrow you will get the forms to order  
Graduation Supplies*



***Travis Belcher***  
***443-3844***

***Travis.belcher@Jostens.com***

***Jostens.com***  
***Search Capital High School***

# Keep Up with US!

## CHS Counseling Dept. Website

<https://chs.helenaschools.org/departments/counseling-and-career-center/>

## CHS Counseling Facebook

<https://www.facebook.com/BruinCounseling>

## CHS Counseling Twitter/X

@BruinCounseling

## CHS Counseling Instagram

@BruinCounseling



# Graduation!

Saturday, June 6th at 11 am

Carroll College



What's next?

# Register for the college fair

(9/22 1:30-3 at Carroll College)

Register at [montanacolleges.com](http://montanacolleges.com)

When you pre-register and attend, you are entered into a \$1000 scholarship drawing

# Meet with your counselor

Get your transcript, parchment join code, and your graduation needs

Senior Parent Night- Sept 24<sup>th</sup> 6:30- Auditorium