

# HSA SENIOR PACKET

**Your Guide to Planning  
Your Senior Year!**

**Class of  
2025**



# SENIOR PACKET



Congratulations! Welcome to your senior year. The Health Sciences Academy is here to help you plan and enjoy your last year of high school. In this packet, you will find some amazing information to help guide you through your senior year. We have gathered information about college admissions, standardize test deadlines, FAFSA, and scholarships. We even took the time to provide some checklists and other tools you can use!







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# HSA Events

## *Join Us for Our 2024-2025 Events*

Event registrations will be advertised prior to the event. Registration is required.



July 30, 2024 SAT Prep Workshop (Virtual Event)




August 6th-8th, 2024 Destination Health Careers



August 13, 2024 Welcome Back Bash




August 28, 2024 Duke Ophthalmology Night (Virtual)



September 25, 2024 ECU Dental Night



September 21, 2024 SAT Prep Workshop (Virtual Event)



October 7, 2024 Adopt A Highway Senior Day Volunteer Session



October 8, 2024 ECU Health Sciences Night



November 14, 2024 Nursing Specialties Night (ECU CON/ENC RIBN)



January 14, 2025 Interview Skills/Resume Workshop (Virtual Event)



February 1, 2025 ACT Prep Workshop (Virtual Event)



February 6, 2025 Etiquette Training (Virtual Event)



Career Exploration Nights (In Person & Virtual Events) - Dates and Topics TBD

# NC University Admissions Information

SCHOOL	AVERAGE SAT SCORE	AVERAGE ACT SCORE	AVERAGE WEIGHTED GPA	APPLICATION FEE <small>*FEE WAIVERS MAY BE AVAILABLE FOR FAMILIES IN NEED</small>
App State	1100-1270	22-28	3.82-4.34	\$65
Campbell	1000-1220	19-25	3.50	\$0
Davidson	1422	32	3.82	\$50
Duke	1510	35	4.13	\$95
ECU	1070-1230	18-24	3.33	\$75
Eliz. City	960	17	3.00	\$30
Elon	1277	28	4.09	\$60
Meredith	1130	22	3.51	\$40
NC A& T	1030	19	3.61	\$60

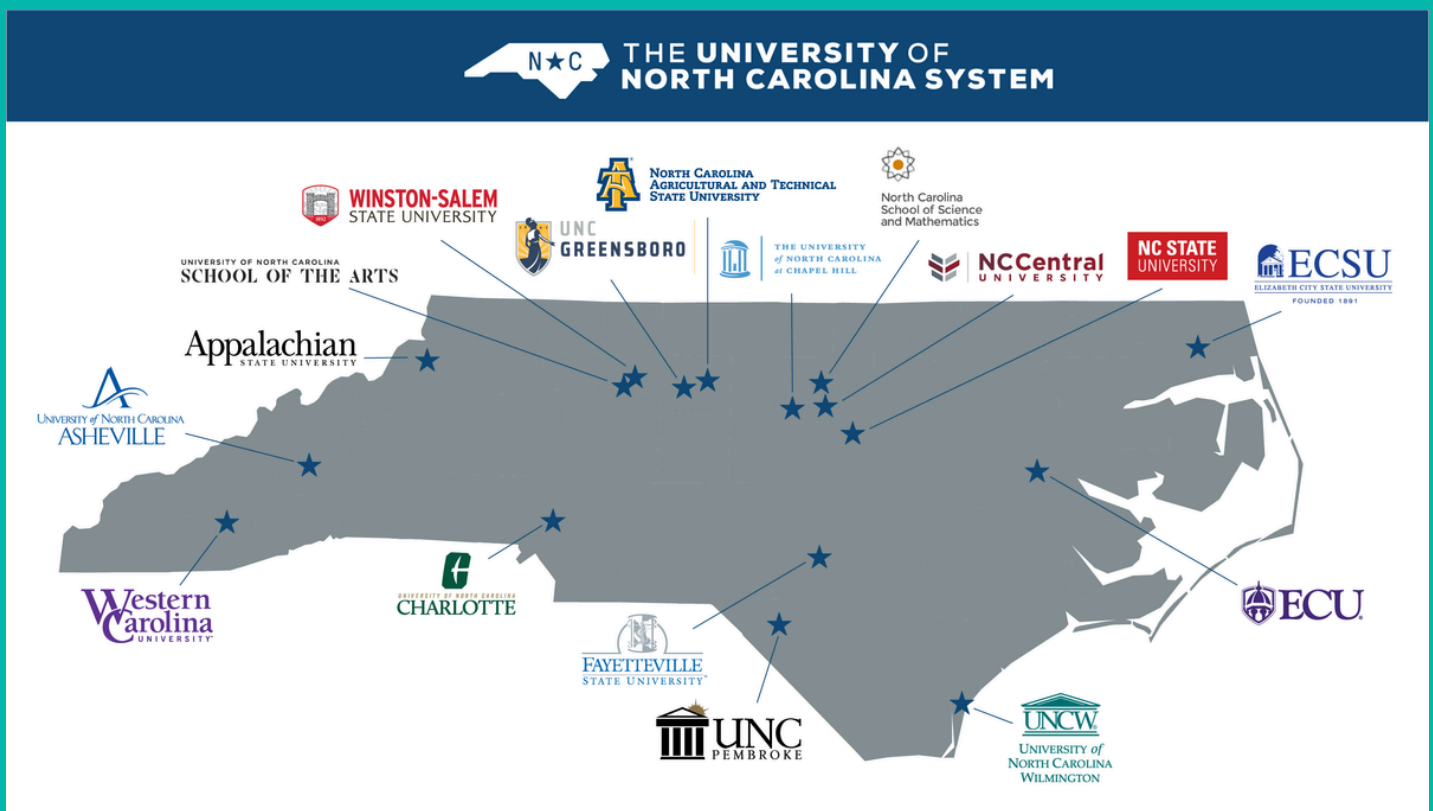


# NC University Admissions Information

SCHOOL	AVERAGE SAT SCORE	AVERAGE ACT SCORE	AVERAGE WEIGHTED GPA	APPLICATION FEE <small>*FEE WAIVERS MAY BE AVAILABLE FOR FAMILIES IN NEED</small>
NC Central	900	19	3.20	\$50
NC State	1330	28	3.84	\$85
UNC-A	1230	22-29	3.53	\$75
UNC-CH	1416	30	4.00	\$85
UNC-C	1216	23	3.55	\$75
UNC-G	1201	25	3.63	\$65
UNC-P	1001	20	3.46	\$55
UNC-W	1277	28	4.00	\$80
WFU	1480	33	3.91	\$85

# NC University Admissions Information

SCHOOL	AVERAGE SAT SCORE	AVERAGE ACT SCORE	AVERAGE WEIGHTED GPA	APPLICATION FEE <small>*FEE WAIVERS MAY BE AVAILABLE FOR FAMILIES IN NEED</small>
Western	1130	23	3.41	\$65
Wingate	1100	22	3.33	\$0
WSSU	970	18	3.01	\$50



Sources: [www.collegedata.com](http://www.collegedata.com), PrepScholar, and the school websites



# SAT Dates & Deadlines

## 2024-2025 School Year

**\*Deadline expires at 11:59 p.m. EST**



August 24, 2024

**Registration Deadline:**  
August 9, 2024



October 5, 2024

**Registration Deadline:**  
September 20, 2024



November 2, 2024

**Registration Deadline:**  
October 18, 2024



December 7, 2024

**Registration Deadline:**  
November 22, 2024



March 8, 2025

**Registration Deadline:**  
February 21, 2025



May 3, 2025

**Registration Deadline:**  
April 18, 2025



June 7, 2025

**Registration Deadline:**  
May 22, 2025

Health Sciences Academy  
SAT Prep Workshop  
September 21, 2024

**To register for the SAT go to:**  
<https://www.collegboard.org/>

# ACT Dates & Deadlines

## 2024-2025 School Year

**\*Deadline expires at 11:59 p.m. EST**



**September 14, 2024**

**Deadline: Aug. 9, 2024**

Late Registration: Aug. 25



**October 26, 2024**

**Deadline: September 20, 2024**

Late Registration: Oct. 7



**December 14, 2024**

**Deadline: November 8, 2024**

Late Registration: Nov. 22



**February 8, 2025**

**Deadline: January 3, 2025**

Late Registration: Jan. 20



**April 5, 2025**

**Deadline: February 28, 2025**

Late Registration: March 16



**June 14, 2025**

**Deadline: May 9, 2025**

Late Registration: May 26



**July 12, 2025**

**Deadline: June 6, 2025**

Late Registration: June 20

Health Sciences Academy  
ACT Prep Workshop  
February 1, 2025

**To register for the ACT go to:**  
**<https://www.act.org/>**



# Test Day Checklist

Preparing for test day can be overwhelming. Use this checklist to make sure you have all of your supplies ready to go the morning of your examination.

## Be sure to bring:

- ☐ Printed admission ticket. (MyACT or CollegeBoard account)
- ☐ Photo identification
- ☐ A watch. You may bring an approved watch to pace yourself.
- ☐ Calculator, you may bring a permitted calculator to use on the mathematics test only.
- ☐ Snacks, bring a snack to eat outside of the test center during breaks.
- ☐ Coat/ light jacket in case the testing location is cold.
- ☐ Double check test time and location.
- ☐ Epinephrine auto-injector permitted w/o accommodations.
- ☐ Double check the testing websites for tips and requirements: ACT and SAT

## Additional Notes

***\*Pro Tip: Be sure to get the correct amount of sleep and eat a great breakfast.***

# FAFSA & RDS



## FAFSA

The Free Application for Federal Student Aid (FAFSA) is expected to open early 2025 for the 2025-2026 school year.

Complete the FAFSA to determine your eligibility for federal and state financial aid. You will receive a Student Aid Report (SAR) upon completion.

Your first step is to get an FSA ID. The student and parent will need an FSA ID. You can apply for this prior to completing your FAFSA.

[www.fafsa.gov](http://www.fafsa.gov)

## RDS

Use Residency Determination Service (RDS) to receive a Residency Certification Number (RCN) to determine your eligibility for in-state tuition and state grant awards. Note: These requirements are subject to change at any time.

Your first step is to complete the RDS online.

[www.ncresidency.org](http://www.ncresidency.org)





# Minimum Entrance Requirements

## NC Community Colleges:

- ☐ Entrance: Anyone 18 or older or who has attained a high school diploma or its equivalent (GED, HI SET or TASC). Admission to a college does not imply admission to all programs of study as selected programs have limited enrollment.
- ☐ The RISE placement test is used to determine your readiness for college-level courses. The placement will help in determining which class will meet your needs.
- ☐ You may be exempt from placement testing and remedial courses if your high school unweighted grade point average is 2.8 or above, and you've taken appropriate high school courses.

## NC Independent Colleges and Universities:

- ☐ Entrance requirements vary among institutions.
- ☐ Check the website or call the admissions office for more details.
- ☐ Detailed information about high school courses is available using the college search tool on CFNC.org.

## The University of North Carolina System Schools (Public Universities):

- ☐ Minimum entrance requirements are set by the Board of Governors. Individual campuses may have requirements beyond the minimums.
- ☐ Test scores: SAT 1010, ACT 19
- ☐ Weighted GPA: 2.50 or higher
- ☐ High school courses:
  - 4 units of English
  - 4 units of math
  - 3 units of science
  - 2 units of social studies
  - 2 additional academic courses from English, math, science, social studies, world languages, or computer sciences. World languages is recommended.

View specific requirements here: <https://www.northcarolina.edu/future-students/admission-requirements/>

# Scholarships

Scholarships are a great way to pay for college. Use the space below to list scholarships you are interested in applying for or learning more about. Each year millions of scholarship funds go unclaimed.

It's important to create a plan as to how you will apply for scholarships.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## Where to start?

- ☐ Talk with your Senior Counselor.  
Each high school has their own scholarship listings.
- ☐ Check the financial aid/scholarship website of the colleges that you are applying to.
- ☐ Check out [www.cfnc.org](http://www.cfnc.org)

## Phone Apps

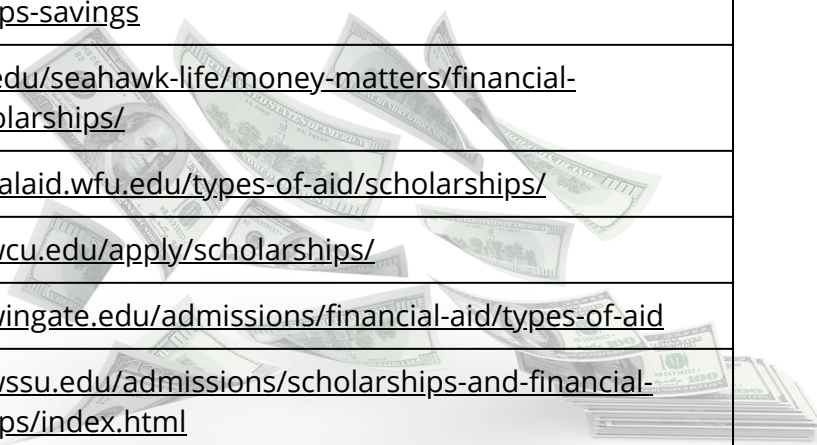
- ☐ Scholly
- ☐ Scholarships.com
- ☐ Apply.Me
- ☐ Fastweb College Scholarships

# North Carolina Universities

## Scholarship Links



Appalachian State University	<a href="https://scholarships.appstate.edu/">https://scholarships.appstate.edu/</a>
Campbell University	<a href="https://www.campbell.edu/financial-aid/scholarships/">https://www.campbell.edu/financial-aid/scholarships/</a>
Davidson College	<a href="https://www.davidson.edu/admission-and-financial-aid/financial-aid/scholarships">https://www.davidson.edu/admission-and-financial-aid/financial-aid/scholarships</a>
Duke University	<a href="https://ousf.duke.edu/merit-scholarships/">https://ousf.duke.edu/merit-scholarships/</a>
East Carolina University	<a href="https://admissions.ecu.edu/afford/scholarships/">https://admissions.ecu.edu/afford/scholarships/</a>
Elizabeth City State University	<a href="https://www.ecsu.edu/financial-aid/types-of-aid.php">https://www.ecsu.edu/financial-aid/types-of-aid.php</a>
Elon University	<a href="https://www.elon.edu/u/admissions/undergraduate/financial-aid/scholarships/">https://www.elon.edu/u/admissions/undergraduate/financial-aid/scholarships/</a>
Meredith College	<a href="https://www.meredith.edu/financial-assistance/financial-assistance-undergraduate-scholarships/">https://www.meredith.edu/financial-assistance/financial-assistance-undergraduate-scholarships/</a>
North Carolina A&T University	<a href="https://www.ncat.edu/admissions/financial-aid/types-of-aid/scholarships/index.php">https://www.ncat.edu/admissions/financial-aid/types-of-aid/scholarships/index.php</a>
North Carolina Central University	<a href="https://www.nccu.edu/ssa/scholarships">https://www.nccu.edu/ssa/scholarships</a>
North Carolina State University	<a href="https://ncsu.academicworks.com/">https://ncsu.academicworks.com/</a>
UNC - Asheville	<a href="https://www.unca.edu/admission/financial-aid/types-of-aid/scholarships/">https://www.unca.edu/admission/financial-aid/types-of-aid/scholarships/</a>
UNC - Chapel Hill	<a href="https://studentaid.unc.edu/incoming/what-aid-is-available/scholarships/">https://studentaid.unc.edu/incoming/what-aid-is-available/scholarships/</a>
UNC - Charlotte	<a href="https://scholarships.charlotte.edu/">https://scholarships.charlotte.edu/</a>
UNC - Greensboro	<a href="https://www.uncg.edu/costs-aid-scholarships/financial-aid/scholarships/">https://www.uncg.edu/costs-aid-scholarships/financial-aid/scholarships/</a>
UNC - Pembroke	<a href="https://www.uncp.edu/admissions/costs-and-financial-aid/scholarships-savings">https://www.uncp.edu/admissions/costs-and-financial-aid/scholarships-savings</a>
UNC - Wilmington	<a href="https://uncw.edu/seahawk-life/money-matters/financial-aid/types/scholarships/">https://uncw.edu/seahawk-life/money-matters/financial-aid/types/scholarships/</a>
Wake Forest University	<a href="https://financialaid.wfu.edu/types-of-aid/scholarships/">https://financialaid.wfu.edu/types-of-aid/scholarships/</a>
Western Carolina University	<a href="https://www.wcu.edu/apply/scholarships/">https://www.wcu.edu/apply/scholarships/</a>
Wingate University	<a href="https://www.wingate.edu/admissions/financial-aid/types-of-aid">https://www.wingate.edu/admissions/financial-aid/types-of-aid</a>
Winston-Salem State University	<a href="https://www.wssu.edu/admissions/scholarships-and-financial-aid/scholarships/index.html">https://www.wssu.edu/admissions/scholarships-and-financial-aid/scholarships/index.html</a>





# Crafting the Perfect Essay

Writing an essay for a college application or scholarship can be a daunting task. Remember that your essay should showcase who you are and what you are passionate about.



Review the application and determine the questions you must answer in your essay response. Then brainstorm 5-6 points you will address.



You will need to formulate body paragraphs for each of your main points. Start with your second strongest argument.



You will need to paint a clear picture for the readers as to why you are the perfect candidate.



Begin your paper with an interesting story, statistic or quotation to grab your reader's attention.



Write in an active voice because it shows the reader that you take initiative.



Let your paper rest for awhile before you begin editing. Allow someone else to proof the document for you.

# 5 THINGS TO CONSIDER WHEN SELECTING A COLLEGE

1

Price: Will you be able to afford your cost of attendance?



Location: Visit the campus to get a feel of the area. Determine if the location fits your needs.

2

Specialities: Look at the majors offered and determine if they meet your needs.

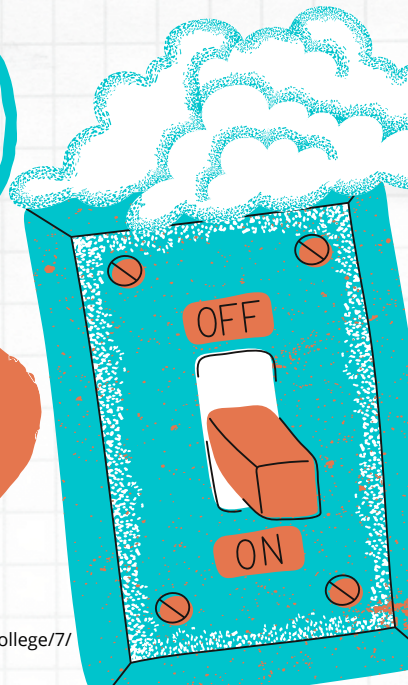
3

Campus: You have to like where you live. Check out the campus and dorms.

4

5

Reputation: Get a feel for what people think about when they hear your college's name mentioned.



# WHAT TYPE OF SCHOOL WOULD BE RIGHT FOR YOU?

WHERE WOULD THIS COLLEGE  
BE LOCATED (STATE, CITY)?

WHICH MAJORS WOULD YOU BE  
INTERESTED IN (CRIMINAL JUSTICE,  
NURSING, SOCIAL WORK, ETC.)?

WHAT SIZE WOULD THE SCHOOL BE?

WHAT TYPES OF SOCIAL ACTIVITIES  
WOULD BE OFFERED (SPORTS, CLUBS)?

USE THIS SPACE TO LIST SCHOOLS THAT MATCH THE ITEMS YOU LISTED ABOVE.



# College Research

Use this document to create a list of colleges that may be of interest to you. Also, take notes as you complete college tours and attend virtual Open House Events.

## Colleges of Interest:

- |    |                      |    |                      |
|----|----------------------|----|----------------------|
| 1. | <input type="text"/> | 2. | <input type="text"/> |
| 3. | <input type="text"/> | 4. | <input type="text"/> |
| 5. | <input type="text"/> | 6. | <input type="text"/> |

## Virtual Tour Notes:

- |    |                      |
|----|----------------------|
| 1. | <input type="text"/> |
| 2. | <input type="text"/> |



# 3 Ways to Organize for College

1

*Create a calendar to make sure you don't miss important deadlines.*

*Use what works best for you, a paper calendar or electronic calendar or app.*

2

*Have a place to keep important documents.*

*You will want to keep physical and electronic copies of important documents. You can use a binder for physical copies. Consider organizing your electronic copies into a Google folder or on MajorClarity.*

3

*Create an email account for college correspondence.*

*It should be appropriate and professional. Your PCS email address will expire upon graduation.*

# Academic Profile

Use this document as a snapshot to complete essays, scholarship applications, and college applications. You can also use it to share with individuals completing letters of recommendation on your behalf.

Use the spaces below to create your academic profile:

ACT

Class Rank

SAT

GPA

## Additional Information:

AP, Dual  
Enrollment, and  
Honors Courses

Extracurricular  
Activities

Awards &  
Achievements

# HIGH SCHOOL STUDENT RESUME

Youremail@gmail.com

Phone

City, State

LinkedIn URL, Website

Motivated student (3.6/4.0) who demonstrates strong work ethic and creative ability. Seeking to apply my graphic design skills and artistic drive as a summer intern at your company. Will leverage proven experience as a competent designer to contribute to company goals and needs.

## EDUCATION

### Santa Monica High School, Santa Monica, CA

Senior

- **GPA:** 3.6 / 4.0
- **Relevant Coursework:** Intro to Graphic Design, AP Art, Yearbook, Computer Applications
- **Honors:** Member of the National Honors Society and National Art Education Association
- **Clubs:** Yearbook Club, Santa Monica Newspaper, Spanish club

## MAJOR ACHIEVEMENTS

### Yearbook Club

*Yearbook Design Team Lead*

*2015 - Present*

- Created a Yearbook logo designed to incorporate school mascot and colors; opted to use coated paper in 2016, which improved photo quality and increased profits by 5%
- Arrange all club photos and pages to correspond to yearbook theme
- Trained and supervised 2 sophomore students in graphic design

### Santa Monica Newspaper

*Graphic Designer*

*2015 - Present*

- Procured advertising for school paper, saving organization 25% in costs
- Edited and curated photos used for school paper; increasing readership by 15%
- Custom design page layouts to fit articles, photos, and advertisements into strict format
- Contributed to school's online publication by designing page layouts to accommodate mobile screens

## ADDITIONAL SKILLS

- Proficient in Photoshop and Adobe Creative Suite
- Basic knowledge of HTML
- Basic knowledge of Adobe Dreamweaver
- Great photographer
- Keen eye for aesthetics with good understanding of image gradients
- Intermediate speaking level in Spanish

# SAMPLE

## AWARDS, HONORS, AND HONORARY MENTIONS

- Nominated for Macmillan Prize for Illustration in 2016
- Submitted artwork to Ocean Awareness Student Art Contest 2016
- Came in 2<sup>nd</sup> place in the Applied Arts 2016 Student Awards for submitting graphic design work under the category of Advertising



# GOAL PLANNER

What are your monthly goals?

**Goal 1:**

**Due Date:**

**Goal 2:**

**Due Date:**

**Goal 3:**

**Due Date:**

# DAILY PLANNER

What are your daily goals?

Goals

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Priorities

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To-Do List

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<input type="checkbox"/>	<hr/>
<input type="checkbox"/>	<hr/>
<input type="checkbox"/>	<hr/>
<input type="checkbox"/>	<hr/>

MORNING

AFTERNOON

NIGHT

# DAILY PLANNER

	MONDAY	TUESDAY	WEDNESDAY
6AM			
7AM			
8AM			
9AM			
10AM			
11AM			
12PM			
1PM			
2PM			
3PM			
4PM			
5PM			
6PM			
7PM			
8PM			

# DAILY PLANNER

	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6AM				
7AM				
8AM				
9AM				
10AM				
11AM				
12PM				
1PM				
2PM				
3PM				
4PM				
5PM				
6PM				
7PM				
8PM				



# WEEKLY PLANNER

Monday

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Tuesday

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Wednesday

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Thursday

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Friday

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Sat/Sun

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# MONTHLY PLANNER

Main Focus

Actual Goals

☐

☐

☐

☐













☐

☐

Notes

# MONTH AT-A-GLANCE

What are your monthly plans?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						
						
						
						
						
						



# HEALTH SCIENCES ACADEMY

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