



# Eastmont Middle School

## Plan for College & Career Readiness (PCCR)

College and career readiness means being prepared for what happens after high school. Most students will need 1, 2, 4 or more years of training/education post high school to adequately prepare for an occupation that meets their interests and abilities and pays well. Being college and career ready requires careful planning and course selection in high school. Choosing challenging classes and electives will be beneficial.

### Middle School Counts!

Middle School is a great time to explore what interests you and to build a strong academic foundation. What you accomplish in middle school matters! You are developing skills and habits now that help you be successful in high school and beyond.

Listed below are ways to prepare for a successful high school experience:

- **Ask Questions** – Be sure to advocate for yourself and ask your teacher when you don't understand something. If you are online or at home, you can email your teacher or ask questions during their Google meet.
- **Complete Homework** – Turn in your homework every day and turn it in on time!
- **Study for Tests and Quizzes** – Be sure to study in advance for all tests and quizzes. Plan to study a little each night (backwards mapping) instead of waiting until the night before the test.
- **Get Help!** – If you are struggling in classes don't hesitate to get help! All teachers are available at various before and after school. Check with your Parents/guardians, and counselors to help you figure things out.
- **Check your grades in Skyward and Canvas** - Use both Skyward and Canvas to check your grades/and missing assignments at least two times a week. Checking your grades and assignments is a great way to be proactive about your progress. Be sure to check your inbox, calendar and feedback also.

# Get a Jump Start! Early College Options

Early college means you can earn college credit while in high school before stepping onto a college campus. Early college opportunities include:

- Advanced Placement (AP)
- Concurrent Enrollment (CE)
- International Baccalaureate (IB)



## Advanced Placement (AP)

AP offers high school students the opportunity to take college-level courses while attending high school. All students are eligible to take AP courses, but keep in mind they are rigorous. AP courses require significant study time outside of the school day. In AP classes, students are given the sense of what college will be like. A recent U.S. Department of Education study shows that participation and success in AP and other challenging high school courses is one of the strongest predictors of college success.

**College Credit:** IS earned by passing the comprehensive exam at the end of the year.

**Fee:** The fee is around \$100, but fees for AP exams can change from year to year, check the college board's website for the most up to date information.

<http://apcentral.collegeboard.com/apc/public/courses/index.html>

## Concurrent Enrollment (CE)

Concurrent enrollment means that students are enrolled in high school and college classes at the same time by taking a class that counts for credit in both places. Concurrent enrollment students are usually juniors and seniors and they will likely earn concurrent enrollment college credit through Salt Lake Community College (SLCC). Credits are recorded on both the permanent high school transcript and the college transcript. Concurrent enrollment courses taught at the high school are the same courses taught on the college campus. *Students can save thousands of dollars by taking CE classes. If you take Math 1030 in high school, it will cost \$15 + \$40 application fee. If you take Math 1030 at SLCC, it will cost \$631.50 + \$40 application fee.*

**Requirements:** Typically a "B" average GPA, and ACT score of 22 or higher, or a placement score which predicts a student's likelihood of achieving a B or better in the course.

**Fee:** For concurrent enrollment classes there is a one-time registration fee of \$40 and a partial tuition fee of \$5 per credit hour for all classes.

<http://www.slcc.edu/concurrentenrollment/>

## International Baccalaureate (IB)

The International Baccalaureate (IB) program is offered at Hillcrest High School. If you are interested in taking rigorous interdisciplinary courses, the IB program may be a good fit for you.

**Requirements:** Hillcrest has an open enrollment policy for the IB Program. Any student who is hardworking, self-disciplined, and motivated is encouraged to enroll. Once enrolled, students must maintain IB requirements.

**College Credit:** Most universities accept IB credit towards graduation on an equal or better basis as AP credit. Many students who graduate with an IB diploma enter college not as a freshman, but as a sophomore or junior. Some IB classes prepare students to take the corresponding AP exam.

<http://hhs.canyonsdistrict.org/index.php/ib-homepage>

## Utah CTE Pathways: Connecting High School to College and Careers

Career and Technical Education Pathways deliver relevant and rigorous academic and technical experience in many fields including:

- Agriculture Education
- Business and Marketing Education
- Family and Consumer Sciences Education
- Health Science Education
- Information Technology Education
- Skilled and Technical Sciences Education
- Technology and engineering Education

CTE will prepare you for more than a good paying job. It's the beginning of a career path. Most jobs today require postsecondary/advanced technical training and CTE meets that need! For more information regarding CTE Pathways visit:

[www.schools.utah.gov/cte](http://www.schools.utah.gov/cte)

If you're ready to try a CTE pathway, sign up for CTEC!



Canyons School District offers opportunities for students to attend their **Canyons Technical School**.

CTEC provides depth and meaning for hands on learners by taking CTE career related courses.

Students are eligible to attend technical school during 11<sup>th</sup> or 12<sup>th</sup> grade. Students interested in applying for CTEC should start planning with their school counselor during 9<sup>th</sup> and 10<sup>th</sup> grade.

<http://ctec.canyonsdistrict.org>

### Programs available at CTEC:

Digital Media, Computer Systems, Programming/Software Development, Business Leadership, Certified Nurse Assistant, (I), Emergency Medical Technician, (EMT), Medical Assisting, Medical Forensics, Physical Therapy, Construction Trades/On-Site Building Construction, Cosmetology/Barbering, Criminal Justice, Heavy Duty Mechanics/Diesel, Welding Technician, Engineering Capstone, Medical Innovations Pathway.

Many students earn certificates and college credit during their CTEC program, and graduate ready to start their career. CTEC and CTE programs can lead directly into high paying apprenticeship opportunities. <https://apprenticeship.utah.gov/future-apprentices/index.html>

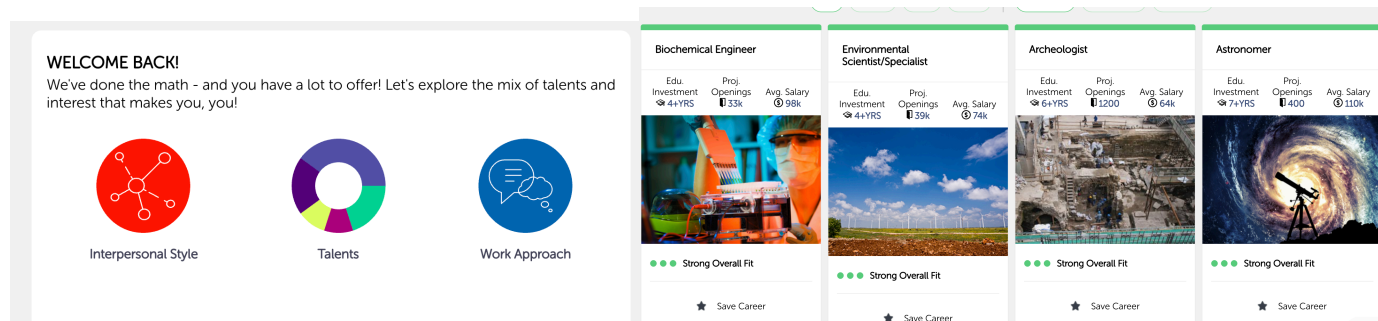


Apprenticeships offer an alternative to a traditional four-year degree. As you master new skills, you will receive wage increases throughout your apprenticeship. In Utah, a fully proficient worker can earn up to **\$60,000** annually upon completion of an apprenticeship.

- |  |                                      |
|--|--------------------------------------|
| • <a href="#">Automotive</a>             | • <a href="#">Manufacturing</a>      |
| • <a href="#">Construction</a>           | • <a href="#">Telecommunications</a> |
| • <a href="#">Healthcare</a>             | • <a href="#">Transportation</a>     |
| • <a href="#">Information Technology</a> | • <a href="#">Utilities</a>          |



Want to know what your aptitudes are and what careers they correspond to? Take the YouScience aptitude tests and see your skills. Your counselors will send you an invitation to take the assessments. It matches your actual skills and interests to potential careers.



## Plan for College and Career Readiness Online Resources

College board (AP and SAT)

You Can go to College!

ACT Test

Khan Academy

Shmoop (Test Prep)

First Generation College Info.

<https://www.collegeboard.org/>

<http://youcango.collegeboard.org/>

<http://www.actstudent.org/>

<https://www.khanacademy.org/about>

<http://www.shmoop.com/>

<http://www.imfirst.org/colleges/>

**Canyons Online School** – Earn credits for graduation online. Canyons Online offers students convenient and challenging classes. For more information about Canyons Online School visit:

[www.canyonsonline.canyonsdistrict.org](http://www.canyonsonline.canyonsdistrict.org)



## Finding Money for College

**Financial Aid** - Financial help for an eligible student to pay for educational expenses at a postsecondary school (e.g., college, vocational school, graduate school). Information at:

<http://studentaid.ed.gov/>

<https://fafsa.ed.gov>

**Save Money for College** - UESP, Utah's official nonprofit 529 college saving program, is designed to encourage families to save with tax advantages. It is a flexible program that requires no minimum deposits or balances to open an account, so families can save according to their own income and schedule. In fact, a child with a college savings account is seven times more likely to pursue a higher education.

<http://my529.org>

**Scholarships** - are a form of financial aid that does not have to be repaid. Scholarships usually refer to cash or tuition waiver awards based on academic merit, talents and abilities, community service, and more.

## GRADES MATTER

**Each college/university has its own Scholarship Index.** Most schools use your GPA or ACT or a combination of both to award academic scholarships. Below is UVU's Index. Notice that the lowest GPA to earn a scholarship is 3.6 and that you need a higher ACT with a lower GPA.

Required GPA and ACT/SAT scores:

\*The unweighted GPA is used. GPA is not rounded.

SAT	1590	1540	1500	1460	1430	1400	1370	1340	1310	1280	1240	1210	1180	1140	1100	1080
ACT	36	35	34	33	32	31	30	29	28	27	26	25	24	23	22	21
GPA	4.0	P	P	P	P	P	E	E	E	E	O	O	O	O	O	O
3.9	P	P	P	P	P	P	E	E	E	E	O	O	O	O	O	O
3.8	E	E	E	E	E	E	E	E	E	E	O	O	O	O	O	O
3.7	E	E	E	E	E	E	E	E	E	E	O	O	O			
3.6	O	O	O	O	O	O	O	O	O	O	O	O	O			

P = Presidential: 4 - year scholarship full tuition and fees.

E = Exemplary: 4-year scholarship \$4k/year

O = Outstanding: 2 - year scholarship \$3,500/year.

## Scholarship Index Utah Resident (First-Year)

- Only one score (GPA or ACT or SAT) is required for all scholarships except President's
- Best score is used for scholarships requiring only one score
- Minimum 2.3 GPA required for scholarships awarded based upon ACT or SAT
- GPA scale is unweighted (4.00 is highest)

ACT and SAT scores DO NOT include the Writing sections of the exams.

	PER YEAR*	GPA	or	ACT	or	SAT
<b>Centurium Scholarship</b>	<b>\$1,000</b> \$500/semester* (up to 8)	3.40 to 3.59	or	23 to 26	or	1130 to 1230
<b>Deans' Scholarship</b>	<b>\$2,000</b> \$1,000/semester* (up to 8)	3.60 to 3.79	or	27 to 29	or	1260 to 1330
<b>Founders' Scholarship</b>	<b>\$3,000</b> \$1,500/semester* (up to 8)	3.80 to 3.89	or	30 to 32	or	1360 to 1420
<b>Fellow's Scholarship</b>	<b>\$4,000</b> \$2,000/semester* (up to 8)	3.90 to 4.0	or	33 to 36	or	1450 to 1600

President's Scholarship requires two scores & additional application for comprehensive review

<b>President's Scholarship</b> Application Deadline: December 1 <sup>st</sup>	<b>\$6,006</b> \$3,003/semester* (up to 8)	Minimum Requirements to Apply:				
		GPA		ACT	or	SAT
		3.9	and	31	or	1390

\*1 year = 2 semesters on this index, however 3 semesters/year may be used. Estimate only. Must maintain a qualifying GPA during college for scholarship awards to continue.

SUU looks at either GPA or ACT/SAT unless you are applying for the President's Scholarship.

*If you don't earn a high GPA during 9<sup>th</sup> grade, you will never be able to earn one throughout high school.*

All grades from 9<sup>th</sup> -12<sup>th</sup> are added together to create your GPA. Students apply to college with their 9<sup>th</sup>, 10<sup>th</sup>, and 11<sup>th</sup> grade GPA. Which makes your 9<sup>th</sup> grade GPA very important.

**Grades matter:**  
make your grades  
a priority!

For information on scholarships in Utah, check out the following websites:

<http://www.higheredutah.org>

<http://ushe.edu/state-scholarships-aid/>

Additionally, you may create profiles on FREE scholarship search engines such as the ones listed below. These Search engines surf the Internet for scholarships that match the criteria in your profile.

<http://www.fastweb.com>

<http://www.tuitionfundingsources.com/>

<http://maldef.org/leadership/scholarships/resources/>

<http://www.scholarships.com/>

<http://www.collegescholarships.org>

## College Bound Student Athletes NCAA Eligibility

College athletic programs are regulated by the National Collegiate Athletic Association (NCAA). If you are planning to enroll in college as a freshman and you wish to participate in Division I athletics, you must be certified by the NCAA Clearinghouse. NCAA requirements/eligibility change often. Check the NCAA website regularly for changes.

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

*High School athletic teams use your 8<sup>th</sup> grade Quarter 4 grades to determine eligibility to play 9<sup>th</sup> grade sports.*

### \*\*\*\*\*Diploma Options\*\*\*\*\*

#### Canyons High School Diploma Options — Class of 2022 & Beyond

The Utah State Legislature requires all students pass a basic civics test in order to receive a high school diploma.  
(Enacted by The American Civics Education Initiative S.B. 60)

<b>Standard Diploma</b>		<b>Advanced Diploma</b>		<b>Honors Diploma</b>		<b>**Recommended Core Course of Study for College Readiness (Not a diploma option)</b>	
<i>English Language Arts</i>	4.0	<i>*English Language Arts</i>	4.0	<i>*English Language Arts</i>	4.0	<i>English Language Arts</i>	4.0
<i>Math</i> (Minimum of Secondary Math III)	3.0	<i>Math</i> (Minimum Secondary Math III)	3.0	<i>Math</i> (Minimum of Secondary Math III)	3.0	<i>Math</i> (Complete 4 credits including a math class beyond Secondary Math III)	4.0
<i>Science</i> (Minimum of 2 credits from two separate Science Foundation Course areas)	3.0	<i>Science</i> (At least two credits of lab-based science: Biology, Chemistry, or Physics)	3.0	<i>Science</i> (At least two credits of lab-based science: Biology, Chemistry, or Physics)	3.0	<i>Science</i> (Biology, Chemistry, and Physics)	3.0
<i>Social Studies</i> (.5 Geography for Life, .5 World Civilizations, 1.0 U.S. History, .5 Government & Citizenship, .5 General Elective)	3.0	<i>Social Studies</i> (.5 Geography for Life, .5 World Civilizations, 1.0 U.S. History, .5 Government & Citizenship, .5 General Elective)	3.0	<i>Social Studies</i> (.5 Geography for Life, .5 World Civilizations, 1.0 U.S. History, .5 Government & Citizenship, .5 General Elective)	3.0	<i>Social Studies</i> *Check with Higher Ed Utah for approved courses	3.5
<i>Financial Literacy</i>	0.5	<i>Financial Literacy</i>	0.5	<i>Financial Literacy</i>	0.5	<i>Financial Literacy</i>	0.5
<i>P.E./Health</i>	2.0	<i>P.E./Health</i>	2.0	<i>P.E./Health</i>	2.0	<i>P.E./Health</i>	2.0
<i>Fine Arts</i>	1.5	<i>Fine Arts</i>	1.5	<i>Fine Arts</i>	1.5	<i>Fine Arts</i>	1.5
<i>CTE</i>	1.0	<i>CTE</i>	1.0	<i>CTE</i>	1.0	<i>CTE</i>	1.0
<i>Digital Studies</i>	0.5	<i>Digital Studies</i>	0.5	<i>Digital Studies</i>	0.5	<i>Digital Studies</i>	0.5
<b>Electives</b>	9.5	<b>World Languages</b> Must be 2.0 progressive credits (same language) taken in grades 8-12 <b>Electives</b>	7.5	<b>World Languages</b> Must be 2.0 progressive credits (same language) taken in grades 8-12 <b>Electives</b>	7.5	<b>World Languages</b> Two progressive credits taken in Grades 9-12 <b>Electives</b>	6.0
<i>Required</i>	28.0	<i>Required</i> <b>Minimum GPA</b>	28.0 2.0	<i>Required</i> <b>Minimum GPA</b>	28.0 3.0	<i>Required</i>	28.0
				<i>In addition, you must meet the ACT College Readiness Benchmark scores for Honors Diploma:</i> <b>English: 18</b> <b>Reading: 22</b> <b>Math: 22</b> <b>Science: 23</b>			



## 4 - Year Plan Worksheet

Name \_\_\_\_\_

FRESHMAN (9th)			
First Semester		Second Semester	
1	Language Arts 9	1	Language Arts 9
2	Geography	2	Geography
3	Secondary Math 1	3	Secondary Math 1
4	Math 1 - 2 period class	4	Math 1 - 2 period class
5	Science	5	Science
6	PST (Participation Skills & Techniques)	6	Elective
7	Elective (World Lang recommended)	7	Elective (World Lang recommended)
8	Elective	8	Elective

SOPHOMORE (10th)			
First Semester		Second Semester	
1	Language Arts 10	1	Language Arts 10
2	World Civilizations	2	World Civilizations
3	Secondary Math 2	3	Secondary Math 2
4	Math 2 - 2 period class	4	Math 2 - 2 period class
5	Dr. Ed./Careers	5	Lifetime Fitness
6	Health (semester or year)	6	Elective
7	Elective (World Lang recommended)	7	Elective (World Lang recommended)
8	Science	8	Science

JUNIOR (11th)			
First Semester		Second Semester	
1	Language Arts 11	1	Language Arts 11
2	U.S. History	2	U.S. History
3	Secondary Math 3	3	Secondary Math 3
4	Science	4	Science
5	Financial Literacy (semester or year)	5	PE Elective
6	Digital Studies - semester or year	6	Elective
7	Elective	7	Elective
8	Elective	8	Elective

SENIOR (12th)			
First Semester		Second Semester	
1	Language Arts 12 or Equivalent	1	Language Arts 12 or Equivalent
2	U.S. Govt & Citizenship	2	
3	Math (recommended)	3	Math (recommended)
4	Science (recommended)	4	Science (recommended)
5	Elective - Concurrent, AP, CTEC encouraged	5	Elective-consider an advanced level course
6	Elective - Concurrent, AP, CTEC encouraged	6	Elective-consider an advanced level course
7	Elective - Concurrent, AP, CTEC encouraged	7	Elective-consider an advanced level course
8	Elective - Concurrent, AP, CTEC encouraged	8	Elective-consider an advanced level course

\*\* Many colleges and universities require additional credits in math, science, social studies language arts and/or world languages to meet their admission requirements.  
Religion courses do not offer graduation credit

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