



CLASS OF 2019

JUNIOR HANDBOOK

302 Azalea Avenue
Richmond, VA 23227
(804) 228-2710

Meet the School Counseling Team

- ❖ Ms. Johnson, School Counseling Director
 - CFA Counselor
 - Email: emjohnson@henrico.k12.va.us
- ❖ Ms. Kreamsreiter
 - A – E Counselor
 - Email: tmkreamsreiter@henrico.k12.va.us
- ❖ Ms. Hernandez
 - F – J Counselor
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- ❖ Ms. Sin
 - K – Q, IB 11 (N – Z) Counselor
 - Email: hsin@henrico.k12.va.us
- ❖ Ms. Wright
 - R – Z Counselor
 - Email: awwright@henrico.k12.va.us
- ❖ Mrs. Terry
 - IB 9, 10, 11 (A – M), 12 Counselor, Senior Scholarship Coordinator
 - Email: esterry@henrico.k12.va.us
- ❖ Ms. Boomer
 - School Counseling Registrar
- ❖ Mrs. Lewis
 - School Counseling Secretary



Mrs. Neely, our GRASP representative, is available to talk to parents and students about financial aid every Wednesday AND Thursday from 9 am – 2pm. Please schedule an appointment with her at grasp.setmore.com
Parents are encouraged to attend.

Graduation Requirements – State of Virginia Standard Diploma

Beginning with students entering the ninth grade for the first time in 2013-14 and beyond

- Requirements for a student to earn a diploma from a Virginia high school shall be those in effect when that student enters ninth grade for the first time.
- Beginning with students entering the ninth grade for the first time in 2013-14 and beyond, a student must also:
 - Earn a board-approved career and technical education credential to graduate with a Standard Diploma, and
 - Successfully complete one virtual course, which may be non-credit bearing.

STANDARD DIPLOMA COURSE REQUIREMENTS		
Discipline Area	Standard Credits	Verified Credits
English	4	2
Mathematics [Note 1]	3	1
Laboratory Science [Notes 2 & 6]	3	1
History & Social Sciences [Notes 3 & 6]	3	1
Health & Physical Education	2	
World Language, Fine Arts, or Career & Technical Education	2	
Economics & Personal Finance	1	
Electives [Note 4]	4	
CTE Industry Certification Test		
Student Selected Test [Note 5]		1
Total	22	6

NOTE 1: Courses completed to satisfy this requirement shall be at or above the level of Algebra and shall include at least two course selections from among Algebra I, Geometry, Algebra II, or other mathematics courses above the level of Algebra and Geometry.

NOTE 2: Courses completed to satisfy this requirement shall include course selections from at least two different science disciplines: Earth Sciences, Biology, Chemistry, or Physics.

NOTE 3: Courses completed to satisfy this requirement shall include U.S. and Virginia History, U.S. and Virginia Government, and one course in either World History or Geography or both.

NOTE 4: Courses to satisfy this requirement shall include at least two sequential electives. Sequential Electives

- Sequential electives may be in any discipline as long as the courses are not specifically required for graduation.
- Courses used to satisfy the one unit of credit in a fine arts or career and technical education course may be used to partially satisfy this requirement.
- An introductory course followed by another level of the same course of study may be used.
- Sequential electives do not have to be taken in consecutive years.

NOTE 5: A student may utilize additional tests for earning verified credit in Computer Science, Technology, career and technical education or other areas as prescribed by the Board in 8 VAC 20-131-110.

NOTE 6: Students who complete a career and technical [education] program sequence and pass an examination or occupational competency assessment in a career and technical education field that confers certification or an occupational competency credential from a recognized industry, or trade or professional association or acquires a professional license in a career and technical education field from the Commonwealth of Virginia may substitute the certification, competency credential, or license for (1) the student selected verified credit and (2) either a science or history or social science verified credit when the certification, license, or credential confers more than one verified credit. The examination or occupational competency assessment must be approved by the Board of Education as an additional test to verify student achievement.

A **standard credit** is awarded for a course in which the student receives 140 clock hours of instruction and successfully completes the objectives of the course as evidenced by a passing grade.

A **verified credit** is awarded for a course in which the student earns a standard unit of credit and achieves a passing score on a corresponding end-of-course Standards of Learning test or a substitute assessment approved by the Board of Education.

Regular education students who pass their classes but do not earn the required number of verified credits will be awarded a Certificate of Program Completion. These students will be encouraged to continue to take the SOL tests needed so that they may receive a diploma. Students will not participate in graduation exercises until a diploma is earned.

Graduation Requirements – State of Virginia Advanced Studies Diploma

Beginning with students entering the ninth grade for the first time in 2013-2014 and beyond

- Requirements for a student to earn a diploma from a Virginia high school shall be those in effect when that student enters ninth grade for the first time.
- Beginning with students entering the ninth grade for the first time in 2013-2014 and beyond, a student must successfully complete one virtual course, which may be non-credit bearing.

ADVANCED STUDIES DIPLOMA COURSE REQUIREMENTS		
Discipline Area	Standard	Verified Credits
English	4	2
Mathematics [Note 1]	4	2
Laboratory Science [Note 2]	4	2
History & Social Sciences [Note 3]	4	2
World Languages [Note 4]	3	
Health & Physical Education	2	
Fine Arts or Career & Technical Education	1	
Economics & Personal Finance	1	
Electives	3	
Student Selected Test [Note 5]		1
Total	26	9

NOTE 1: Courses completed to satisfy this requirement shall include at least three different course selections from among: Algebra I, Geometry, Algebra II, or other mathematics courses above the level of Algebra II.

NOTE 2: Courses completed to satisfy this requirement shall include course selections from at least three different science disciplines from among: Earth Sciences, Biology, Chemistry, or Physics or completion of the sequence of science courses required for the International Baccalaureate Diploma.

NOTE 3: Courses completed to satisfy this requirement shall include U.S. and Virginia History, U.S. and Virginia Government, and two courses in either World History or Geography or both.

NOTE 4: The Advanced Studies Diploma contains a requirement for either three years of one world language or two years of two languages.

NOTE 5: A student may utilize additional tests for earning verified credit in computer science, technology, career or technical education or other areas as prescribed by the Board in 8 VAC 20-131-110.

A **standard credit** is awarded for a course in which the student receives 140 clock hours of instruction and successfully completes the objectives of the course as evidenced by a passing grade.

A **verified credit** is awarded for a course in which the student earns a standard unit of credit and achieves a passing score on a corresponding end-of-course Standards of Learning test or a substitute assessment approved by the Board of Education.

Regular education students who pass their classes but do not earn the required number of verified credits will be awarded a Certificate of Program Completion. These students will be encouraged to continue to take the SOL tests needed so that they may receive a diploma. Students will not participate in graduation exercises until a diploma is earned.

So now that I am a Junior...



What's Next?

➤ Set Academic and Career Goals

o At this point, you should have already met with your counselor to discuss graduation requirements, appropriate courses as well as your plans after graduation. You want to make sure that your class choices enhance your transcript and improve your chances of getting into the college of YOUR choice.

FAQ! o Tip: How To Raise Your GPA: If you desire a better GPA, it requires... better grades. Each letter grade is equivalent to a numeric grade, therefore, better grades = better GPA. While passing an AP exam may grant you college credits and a free pass on some college prerequisite classes, Honors and AP courses can also help strengthen your GPA because they are weighted classes.

o Whether you know your path of interest or not, in your leisure time, take an interest inventory or a career assessment in order to confirm or discover your interests and/or specific career industry. Interestingly enough, you may in fact discover a new area of interest and an even more rewarding career track.

➤ Consider Your Core Extracurricular Activities

o Volunteering in your community and participating in athletics are great. But college admission panels also want to see well-rounded students who demonstrate versatility and commitment to extracurricular activities. In general, college admissions officers prefer to see a student be deeply involved in one or two activities, as opposed to showing a shallow level of commitment to multiple activities.

➤ Take College Admissions Tests and Start Visiting Colleges

o Be sure to take the SAT with or without essay or SAT Subject Tests and/or ACT in an appropriate time frame so that you can get your scores back in a reasonable time. Figure out which college tests will most benefit you based on the schools and academic subjects that most interest you. Study, study, study! And don't be afraid to take the tests over again until you're satisfied with your score.

o Visit as many schools as you can in the Spring of your junior year.

➤ Prepare Your Secret Weapon -- Your Writing Skills

o One piece of advice that is frequently given and often overlooked by students: Develop your writing skills. Not only will improving your writing skills help with college applications – primarily the all-important essay portion – but it will also help you in college with essays, tests and later, job applications and cover letters.

o If possible, consider taking an Honors or AP English course. By the time college application season hits, you'll be ready to write a stellar essay that will set you apart from the rest.

➤ Know That There are Alternative Routes

o If it feels like it's too late for you to get your college profile in order, or you feel like you're not ready to apply yet, don't worry. There are a variety of options for students of all ages to earn an associate's or bachelor's degree. Also, there are other ways to reach your life's goal.

What steps do I take from here?

Begin by focusing more clearly on **your** own individual path, **your** dreams, **your** journey, **your** future.

Begin by focusing on **YOURSELF!**

Step ONE: SELF-AWARENESS AND ASSESSMENT

- What are your interests?
- What things do you enjoy doing?
- If you could do anything in the world, what would it be?

Complete an Interest Inventory.

- Who R U? (web-based assessment) by Virginia Career View
<http://www.vaview.vt.edu/resources/flash/whoru/flash/WhoRYou.swf>
- My Next Move by O*Net Online
<http://www.mynextmove.org/>

Step TWO: CAREER AWARENESS

- What am I capable of doing and what jobs match these traits?
- Do I have the personality to work in this industry?
- Do I know what jobs will best fit my interests and skillset?

Complete a Career Assessment

- Career Clusters Activity by Education Planner
<http://www.educationplanner.org/students/career-planning/find-careers/career-clusters-activity.shtml>
- What Careers Match Your Skills? by Education Planner
<http://www.educationplanner.org/students/career-planning/find-careers/careers.shtml>

Step THREE: Let's start PLANNING

You can get started here:

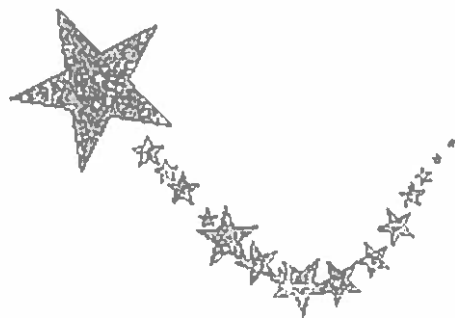
<https://bigfuture.collegeboard.org/college-search?navid=gh-cs>

Plug in the criteria that's fits for you and you will be given names of colleges that fit your needs.

Why do people continue education after high school?

- Achievement of a personal goal
 - Career preparation
 - Learning opportunities
- Influence of family and friends
- To become more independent
 - Opportunity
 - To follow a passion

Now is the time to start working on your plan for after high school



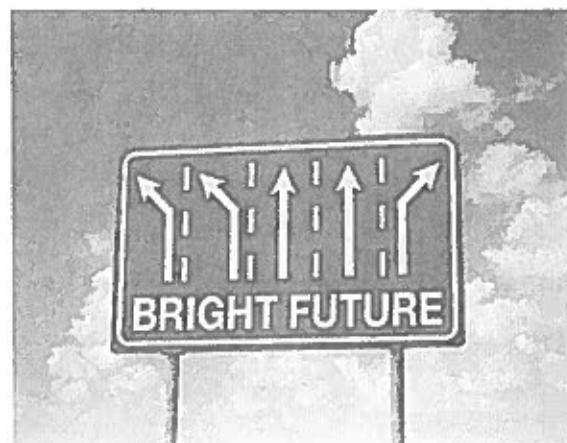
What are my Choices?



Graduating from high school is a phenomenal achievement. Likewise your School Counseling Department wants to aid you in becoming self-sufficient young adults. So, what should you do now?

Select a choice!

- I. 4 Year College or University
- II. 2 Year Community College
- III. Trade School
- IV. Military
- V. Workforce



Option I: 4 Year College or University

How to Choose? What to Consider? Top 10 Rules

Make Two or Three Selections

1. Never make your final college selection without visiting at least your top two or three choices. No matter how well you think you know a college or university, you can learn a lot (good or bad) by spending a few hours on campus, including whether or not college feels like a good "fit" for you.

Re-Read #1

2. There are no exceptions to rule #1.

Name Isn't Everything

3. A college is not necessarily right for you because its name is familiar.

Explore Schools You Don't Know About

4. Investigate at least three or four colleges you know little or nothing about but a good fit for your potential major, SAT/ACT, and/or GPA, location, etc. You have nothing to lose and you might make a great discovery. A little research and an open mind can greatly increase the odds that you make a good college choice.

Don't Follow The Crowd

5. There are very few worse reasons to select a college than because your friends are going there.

Look For Hard Evidence

6. Investigate, investigate, investigate, and be sure to separate reality from (often baseless) opinions. Lots of folks will refer to a college as "good", "hard to get into", "a party school", "too expensive", etc. without really knowing the facts. Don't accept these kinds of generalizations without evidence.

Stick Shock Shouldn't Deter You

7. Do not rule out colleges early because of cost. Many colleges offer scholarships, financial aid, and tuition installment plans that make them far more affordable than they may first appear.

Know Your Deadlines

8. Deadlines, whether for college applications, SAT or ACT registration, financial aid, scholarships, campus housing, etc. are not suggestions. Miss a deadline and you may find yourself in deep you-know-what. Write down on a calendar and adhere strictly to all deadlines.

Don't Put All Your Eggs In Similar Baskets

9. Don't be afraid to apply to a few "reach schools". You might be pleasantly surprised by the results if you are not entirely unrealistic. Then, apply to at least three colleges you like which are highly likely to admit you. Finally, choose at least two "safety" colleges, colleges to which you are virtually certain you will be admitted. If you take the time to choose safety schools you would be happy to attend.

Get Other People's Opinions And Guidance

10. When it is time to make your final choice, discuss your options with your family, your counselor (if you have one), and others who know you well and whose judgment you value. If you have a tough time choosing, it is probably because you have done a good job putting together your list and you will be happy at whichever institution you choose.

<http://www.college-scholarships.com/articles/ten-rules-for-selecting-a-college/>

Test Dates and Deadlines

Henrico High School Code: 471-854

ACT

TEST DATE	REGISTRATION DEADLINE	LATE REGISTRATION (LATE FEE REQUIRED)
SEPTEMBER 9, 2017	August 4, 2017	August 5 - 18, 2017
OCTOBER 28, 2017	September 22, 2017	September 23 - 30, 2017
DECEMBER 9, 2017	November 3, 2017	November 4 - 17, 2017
FEBRUARY 10, 2018	January 12, 2018	January 13 - 19, 2018
APRIL 14, 2018	March 9, 2018	March 10 - 23, 2018
JUNE 9, 2018	May 4, 2018	May 5 - 18, 2018

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

SAT

TEST DATE	REGISTRATION DEADLINE	LATE REGISTRATION (LATE FEE REQUIRED)
OCTOBER 7, 2017	September 8, 2017	September 19, 2017
NOVEMBER 4, 2017	October 5, 2017	October 25, 2017
DECEMBER 2, 2017	November 2, 2017	November 21, 2017
MARCH 10, 2018	February 9, 2018	February 28, 2018
MAY 5, 2018	April 6, 2018	April 25, 2018
JUNE 2, 2018	May 3, 2018	May 23, 2018

Register at www.collegeboard.org
Free SAT practice at www.khanacademy.org

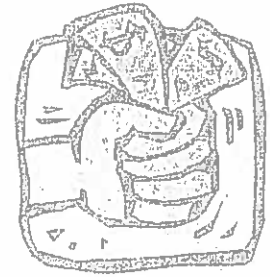
Eligible for a fee waiver?

See your School Counselor before you register and prior to the deadline

Paying for School

There are four kinds of financial aid:

1. Grants are funds that do not have to be repaid. Grant money is usually awarded on the basis of financial need alone.
2. Scholarships are funds that do not have to be repaid. Scholarships can be awarded on the basis of need and/or an infinite number of other criteria such as: academic achievement, church affiliation, heritage, ethnic background, intended major, etc.
3. Loans must be repaid. Repayment is generally not requested until after you have graduated. The interest rate on these loans is usually lower than personal loans.
4. Work-study programs involve earning money from a job, usually on campus, which will help defray some of your college expenses
 - If you receive financial aid, chances are that you will get a package that is a combination of these different types of aid from a variety of sources.



“Need” is the difference between what it costs to attend a particular college and what the government determines you and your family can afford to pay toward those costs. Since the amount you can pay stays the same whether the costs are high or low, you would be eligible for different amounts of aid at different colleges. You could end up paying the same amount at a high-cost college as you would at a low-cost college.



COLLEGE BOUND ATHLETES NCAA CLEARINGHOUSE

Before a student can participate in Division I or II college sports he/she must meet the NCAA requirements. These include a minimum GPA, minimum SAT I or ACT scores and he/she must meet specific course requirements set by the NCAA. The GPA calculation for NCAA participation is based on the sixteen core academic courses required by the NCAA, and not the overall cumulative GPA.

The NCAA Initial-Eligibility Clearinghouse forms are available online at www.eligibilitycenter.org. There is also a fee associated with completing these forms. The forms should be completed at the end of the junior year or the beginning of the senior year. The sooner the form is complete, the earlier the athlete can begin seriously communicating with colleges.

For more information about the NCAA go to www.ncaa.org or see Ms. Kreamsreiter in the School Counseling Department!



Option II: 2 Year Community College

Attending a community college is a smart move both academically and financially, especially for those who are looking to transfer to a four-year school to finish their bachelor's degree.

Consider some of the benefits of getting your start at a community college:

- More bang for your buck. Tuition for a two-year associate's degree program at a community will cost you about half of what it would run for just one year at a private college or university. As tuition is such a bargain at community college, you can feel a bit freer to take a class out of pure enjoyment, even if it doesn't count towards your degree.
- More time to dabble. Don't sweat about not having declared a major, since you don't have to at a community college. An associate's degree is a mix of general education classes that will give you a great idea of the classes that interest you and the areas in which you thrive.
- More diverse student body. Community colleges are reflective of the surrounding community. On campus, you will meet a diverse of population of students, and not just in regard to their ethnic backgrounds; students of community college range in age from 18 to 50 and older.
- More attention. Many community colleges pride themselves on small class size, which means that you'll have the individualized attention you'll need to succeed in your degree or certificate programs.
- More opportunities. Many students use community college as a stepping-stone to some of the most prestigious four-year colleges, including those in the elite Ivy League.

Many students start their college studies at one of Virginia's many community colleges and technical schools which offer several educational options.

- **Transfer degree program:** Attending community college for two years may allow you to transfer to a four-year college or university. Your community college credits will transfer, you will enter your four-year college as a junior, and you will graduate with that college's diploma.
- **Articulation Agreement program:** Students who attend and earn an associate's degree with a designated minimum grade point average at one of Virginia's 23 community colleges may obtain guaranteed admission to more than 20 of Virginia's four-year colleges and universities.
- **Associate's degree:** You may choose to earn a two-year Associate's degree in a particular field of study. Examples include Accounting, Culinary Arts, Nursing, Information Systems Technology, Computer and Electronics Technology. A two-year degree may be all that is needed for your chosen career field.
- **Non-curricular course:** Even if you do not plan on earning a degree, you may take some courses at a community college to enrich your personal or professional life.

Option III: Trade School



A traditional four-year degree is not for everyone, and trade school offers a pretty compelling career path, especially when considering the factors associated with a college education.

What is a Trade School or Vocational School?

A trade school, also known as a technical or vocational school, is an **educational institution that exists to teach skills related to a specific job**. Trade schools are a more streamlined approach to education, with curricula focusing on developing a particular skillset and knowledge base for a career rather than receiving a general education. Trade schools typically take a lot less time to complete, have smaller class sizes, and the majority of the training is hands-on, which is an ideal environment for many types of learners. Vocational degrees can lead to well-paying jobs like electrician, mechanic, machinist, pharmacy technician, nuclear technician, and dental hygienist, with room for growth and managerial potential in each field.

Trade Schools offer programs in the following degrees:

- ❖ Doctorate Degrees
- ❖ Masters Degrees
- ❖ Bachelor's Degrees
- ❖ Associate Degrees
- ❖ Diploma Degrees
- ❖ Certificate Degrees

Advantages to Trade Schools:

- Salaries for Trade School Jobs
 - Salaries are not that different from those who have earned four year degrees.
- Price of Education
 - Price of education is much lower and debt is much less.
- Job Security
 - Skilled trade workers are a disproportionately older population, and will only continue to get older, creating increased opportunities for young workers to fill their shoes.

Trade Schools go far beyond just your basic trades and certifications. Many options are available to you that make getting your degree and dream career a reality.

Option IV: Military



The Virginia National Guard

The Virginia National Guard is a community based part-time organization that offers “no cost” resources for students and schools.

Some benefits include:

- ⊙ \$13,000 average pay during enlistment
- ⊙ Tuition assistance
- ⊙ Income tax breaks
- ⊙ Retirement
- ⊙ \$7,000 for college or vocational tech expenses
- ⊙ Academic credit for training
- ⊙ Personal & leadership development
- ⊙ To learn more at:
<http://vko.va.ngb.army.mil/VirginiaGuard/>

National Guard

To join the National Guard without prior service, you must meet these mandatory requirements:

- ⊙ Be between the ages of 17 and 35
- ⊙ Be a U.S. citizen or permanent resident
- ⊙ Be at least a junior in high school, or have a high school diploma or a GED certificate
- ⊙ Meet medical, physical, and moral requirements
- ⊙ For more information, please visit: <https://www.nationalguard.com/>

The United States Armed Forces

You can obtain training and paid work experience in the United States Armed Forces. Many occupational opportunities exist for both offers and enlisted personnel.

To locate your local armed services recruiters, call these toll free numbers or visit the websites listed below:

AIR FORCE	1-800-423-USAF	www.airforce.com/
ARMY	1-800-USA-ARMY	www.army.mil/
COAST GUARD	1-800-GET-USCG	www.uscg.mil/
MARINES	1-800-MAR-INES	www.marines.mil/
NAVY	1-800-USA-NAVY	www.navy.mil/



Option V: Workforce

YOUR GUIDE TO FINDING A JOB

Finding the right job can be a difficult and trying experience, especially if you are unsure about where to begin. Whether you are seeking your first job or transitioning through the job market, following these seven steps may lead you down the right path.

1. **CHOOSE AN OCCUPATION THAT'S RIGHT FOR YOU...**Deciding on which career is the best fit for you is significant in any successful job search. First, start with your interests. What is it that you love to do? What would you be willing to do even if you did not get paid to do it? Identifying those areas of interest plays a huge role in finding the ideal career choice. Completing an interest inventory and a career assessment can be beneficial in this process.
2. **GATHER PERSONAL INFORMATION...**Most employers need pertinent information from you when you seek employment with their company. Make sure that you can easily access or provide requested information. It is suggested to create a resume that includes all necessary and appropriate information.
3. **LOOK FOR JOB LEADS...**Once you have decided on the right career choice, you are ready to start your job search. Keep in mind that not all job openings are listed in the newspaper or found online. Sometimes you may hear about jobs from friends, relatives and neighbors. Always keep your ears open whenever you are looking for a job and do not be afraid to network.
4. **RESEARCH POTENTIAL EMPLOYERS...**Before you apply to a particular company, make sure you research and learn a little about the organization. This will be helpful when writing a cover letter and in a job interview.
5. **REFINE YOUR RESUME...**When creating a resume, be sure to include only the facts that are important, relevant and related to the job for which you are applying. Most resumes follow these basic guidelines: 1) Should give a single goal or objective; 2) Should be no more than one page in length; 3) Should list your education, work experience, and skills; 4) Should be eye-catching and easy to read; 5) Should be well-written with no spelling or grammar errors. It is a GOOD idea to have someone else proofread your resume and cover letter!
6. **PREPARE FOR YOUR JOB INTERVIEW...**Before the interview: Know yourself and the company. Bring several copies of your resume, contact information for several references, and samples of your work, if necessary. During the interview: be yourself, be positive, be well rested, use correct grammar when speaking, and thank your interviewer before leaving. After the interview, send a thank you letter, note or card to your interviewer and follow up with a phone call after two weeks.
7. **START YOUR NEW JOB...**Bring energy and excitement with you to your job. Remain pleasant. Make it easy to work with you. Also, complete tasks in a timely manner; remain focused; be precise and accurate and be flexible. These are a few suggests that should help you be successful on your new job.

John Smith

1 City Lane, Boston, MA 01110
Phone: 600.123.4567 E-Mail: Jsmith@emailaddress.com

Work Experience

Lifeguard, *Wells Beach* Summer 2010

- ▣ Provided support to beach patrons seeking aid, including medical and other
- ▣ Strictly enforced the area rules and created a safe environment for beachgoers and other staff members

Cashier, *Local Supermarket* June 2009 - Present

- ▣ Provided quick and thorough service for a large volume of customers
- ▣ Answered customer inquiries via telephone and in person

Volunteer Camp Counselor, *Camp SummerFun* July 1, 2009 - August 5, 2009

- ▣ Guided campers to and from their daily activities
- ▣ Managed health or safety issues on a case by case basis
- ▣ Resolved camper disputes
- ▣ Maintained a fun and safe environment for participant

Education

Your High School, *Town, State* Expected Graduation: May 2013
GPA: 3.67

Honors and Awards

Honors include: Academic Honor Roll 2009-present, National Honors Society; National high school science award recipient.

Extracurricular Activities

Club Name, *Position held (if any)* 2010 - 2011

Sports Team, *Leadership Position* 2009 - 2010

Volunteer Work, *Position* 2008 - 2010

Skills

- ▣ I have a variety of computer related skills including the software x, y z.
- ▣ I am fluent in both English and Spanish
- ▣ I am CPR certified as of May 2010.

Henrico High School
School Counseling Department
Teacher Report Form



Please return to: _____
Counselor Name

Teachers, Counselors need your assistance in getting to know the classroom habits of your students. This information will be kept confidential and will assist us in writing letters of recommendation for our students. **Please complete the form as accurately and fully (including strengths and weaknesses) as you can and return within one to two weeks of receiving it from the student. Thank you for your knowledge and support! Electronic submissions to the counselor are acceptable!**

To the Student, This form does **NOT** take the place of you asking/coordinating with your teachers for letters of recommendations. This is only to assist your counselor with the "Counselor Letter of Recommendation" that you will need. **Fill out your name and kindly ask your teachers if they will complete this for you. Do not give them a blank form.**

Student's Name: _____

Teacher's Name: _____

What subject(s) did you teach this student? _____

Student's Strength(s):

Academic: _____

Personal: _____

Student's Weakness(es):

Academic: _____

Personal: _____

Please use three adjectives to describe this student: _____

Use this space for any additional comments: _____

Resources

- Henrico School Counseling Office
 - <http://henricohighschoolcounseling.weebly.com/>
- ACT
 - Register for ACT and free practice test
 - www.actstudent.org
- Campus Tours
 - Virtual campus tours
 - <http://www.campustours.com/>
- College Board
 - Resources for college planning and searches
 - <https://bigfuture.collegeboard.org/college-search?navid=gh-cs>
- Common Application
 - A college application for over 400 colleges
 - www.commonapp.org
- Fair Test
 - A list of schools that do not require SAT or ACT scores for admission
 - www.fairtest.org/university/optional
- Federal Student Aid
 - Information on financial aid: <https://studentaid.ed.gov/sa/>
 - FAFSA application: <https://fafsa.ed.gov>
- GRASP
 - Information on financial aid and scholarship opportunities
 - <http://grasp4va.org/>
- Interest Inventory
 - <http://www.mynextmove.org/>
 - <http://www.vaview.vt.edu/resources/flash/whoru/flash/WhoRYou.swf>
- Khan Academy
 - Free SAT Prep and subjects tutoring
 - <https://www.khanacademy.org/>
- SAT
 - SAT registration and free practice test
 - <https://sat.collegeboard.org/home>
- Scholarships
 - HHS Scholarship Newsletter
 - www.fastweb.com
 - <https://www.scholarships.com/>