

# Wolf Pack Press



Parkwood Wolf Pack Family,

Monday is the start of our second semester! It's hard to believe that we're already halfway through the 2022-2023 school year!

On Monday (1/30/2023), all students will begin the day in their Homeroom to pick up their second semester schedule.

If students need to meet with their counselor for schedule corrections, they'll need to fill out this link that is located on the Parkwood website on the counselors' page.

We're looking forward to a GREAT Spring semester!

**Remember to follow us on social media:**

**Follow us on Facebook:** [ParkwoodHSNC](#)

**Follow us on Twitter:** [@ParkwoodHSNC](#)

**Follow us on Instagram:** [@ParkwoodHSNC](#)



# PWHS Calendar

## Week of January 29 - February 4 School Events

Monday 1/30	Tuesday 1/31	Wednesday 2/1	Thursday 2/2	Friday 2/3	Saturday 2/4
2nd Semester Starts	Basketball vs Forest Hills 4/5/6/7:30 PM	Men's Wrestling States- Rounds 3 and 4	No Events	Swimming @ Mecklenburg County Aquatic Center 4 PM  Women's Wrestling States @ Rise Facility PM  Basketball @ CATA 4/5/6/7:30 PM	Women's Wrestling @ Greensboro Coliseum AM  Men's Wrestling States- Finals



# Important Information

## Bell Schedule 2022-2023

Breakfast 8:00-8:25

Block 1 8:30-10:05

Block 2 10:10-11:45

Block 3 11:50-1:49

ANNOUNCEMENTS 11:50-11:53

1<sup>st</sup> Lunch 11:53-12:19

2<sup>nd</sup> Lunch 12:23-12:49

3<sup>rd</sup> Lunch 12:53-1:19

4<sup>th</sup> Lunch 1:23-1:49

Block 4 1:54-3:30

UCPS students will no longer receive free breakfast and/or lunch for the 2022-23 school year.

Lunch and breakfast prices will be as follows:

Breakfast \$1.75 per day

Lunch \$3.85 per day

If you feel your family may qualify for free or reduced meals, UCPS encourages parents to complete the [meal application](#) before the start of the school year.

Breakfast and lunch account charges will begin on the first day of school, which is August 29. If your application is approved, families may be eligible for the following benefits:

- Free or reduced-priced breakfast and lunch meals

Click [here](#) for more information on meal prices.

Click [here](#) to set up an account to make payments and monitor your child's lunch account.

If you have questions or need a paper copy of the application, please contact School Nutrition at 704-296-3000



# Important Information

# DRESS CODE



## New Semester....Same Dress Code

Please review Parkwood High School's Dress Code at  
<https://www.ucps.k12.nc.us/domain/1870>

If you are out of dress code, you will be asked to change. Your options are:

- \*Change into something that you have with you that meets dress code.
- \*Have someone bring you something that meets dress code.
- \*Pick something out of the Parkwood Clothes Closet.



# Important Information

## Advisory Bell Schedule (On Wednesdays) 2022-2023

Breakfast	8:00-8:25
Block 1	8:30-9:55
Advisory	10:00-10:25
Block 2	10:30-11:55
Block 3	12:00-1:59
ANNOUNCEMENTS	12:00-12:04
1 <sup>st</sup> Lunch	12:04-12:30
2 <sup>nd</sup> Lunch	12:34-1:00
3 <sup>rd</sup> Lunch	1:04-1:30
4 <sup>th</sup> Lunch	1:34-2:00
Block 4	2:05-3:30



## Mark your calendars:

Report Cards Distributed  
February 8

Senior Cheer Night  
February 10

College/Career/Military Fair  
February 15

Early Release Day  
February 17

Teacher Work Day-No School  
February 27

ACT Blitz  
10-12 PM PWHS Auditorium  
March 4

Early Release Day  
March 16

Teacher Work Day-No School  
March 17

Spring Break- No School  
April 7-April 14

Prom May 6

Graduation June 13 at 8 AM in  
Wolf Pack Stadium





# Athletics

PWHS Athletic Website

**Michael Helms**  
**Athletic Director**  
[michael.helms@ucps.k12.nc.us](mailto:michael.helms@ucps.k12.nc.us)

**All Sports Passes** on sale for students! Can be purchased on ticket site. \$50 to enter all in season home games for the year! The passcode is your student ID #. It is good for the purchase of 1 ticket.

Purchase Tickets Here: <https://parkwoodathleticzone.com/event-tickets>

## Winter Sports

### Head Coach

### Email

Men's Varsity Basketball Head Coach	Mike Helms	<a href="mailto:michael.helms@ucps.k12.nc.us">michael.helms@ucps.k12.nc.us</a>
Women's Varsity Basketball Head Coach	Jesse Boyce	<a href="mailto:jesse.boyce@ucps.k12.nc.us">jesse.boyce@ucps.k12.nc.us</a>
Wrestling Head Coach	Chris Linthicum	<a href="mailto:chris.linthicum@ucps.k12.nc.us">chris.linthicum@ucps.k12.nc.us</a>
Swimming/Diving Head Coach	Susan Rhoads	<a href="mailto:susan.rhoads@ucps.k12.nc.us">susan.rhoads@ucps.k12.nc.us</a>
Indoor Track Head Coach	Astrid Weddle	<a href="mailto:astrid.weddle@ucps.k12.nc.us">astrid.weddle@ucps.k12.nc.us</a>
Cheerleading Varsity Head Coach	Heather McWhorter	<a href="mailto:heather.mcwhorter@ucps.k12.nc.us">heather.mcwhorter@ucps.k12.nc.us</a>

## Spring Sports

### Head Coach

### Email

Baseball Varsity Head Coach	Chad Nichols	<a href="mailto:Chad.Nichols@ucps.k12.nc.us">Chad.Nichols@ucps.k12.nc.us</a>
Men's Golf Head Coach	Samuel Mobley	<a href="mailto:samuel.mobley@ucps.k12.nc.us">samuel.mobley@ucps.k12.nc.us</a>
Men's Lacrosse Head Coach	TBD	TBD
Men's Tennis Head Coach	Kristy Erdelyi	<a href="mailto:kristy.erdelyi@ucps.k12.nc.us">kristy.erdelyi@ucps.k12.nc.us</a>
Men's Track and Field Head Coach	Grover Moore	<a href="mailto:grover.moore@ucps.k12.nc.us">grover.moore@ucps.k12.nc.us</a>
Softball Varsity Head Coach	Mary Hughes	<a href="mailto:mary.hughes@ucps.k12.nc.us">mary.hughes@ucps.k12.nc.us</a>
Women's Lacrosse Head Coach	Nicole Gress	<a href="mailto:nicolegress17@gmail.com">nicolegress17@gmail.com</a>
Women's Track and Field Head Coach	TBD	TBD
Women's Varsity Soccer Head Coach	Erika Morelock	<a href="mailto:erika.morelock@ucps.k12.nc.us">erika.morelock@ucps.k12.nc.us</a>



Have a teacher you'd like to recognize? This is the place! Please give a shout-out to a teacher who makes a difference in your student's life!

<https://bit.ly/PWHSTeacherThankYou>







# Entering Parkwood High School now that the Roundabout is open

- Parents dropping off their students will need to use the main Parkwood School Road entrance to the high school.
- All student drivers will need to enter campus from Crow Road and will need to display their 2022-2023 PWHS parking pass to be admitted at that entrance. All other drivers will need to use the entrance at Parkwood School Road.
- Students will need to be in their classes by 8:30 to begin their day.



- Remind your student(s) when they have parent permission to leave campus, they need to sign out with Ms. Reeder at the front of the school.





# Parents & Guardians

With a new school year comes a need to make sure that we have the correct contact information for all our families. Please take a moment and verify in PowerSchool that the following are still correct:

- Contact Names
- Contact Numbers
- Contact Emails

**Keep in Mind**- You will need to show your ID when coming to the school so please remember to bring it with you.



# Parents & Guardians

Parents and Guardians: Please use this [link](#) to view a video regarding Vaping that was presented at the UCPS Parent Education Series event at Monroe High School on October 27, 2023. If you have any questions regarding this valuable information, please feel free to reach out to the school or your student's counselor. Thank you.



# Parents & Guardians

**SPRING ACT PRACTICE**

## **ACT<sup>®</sup>** **WINTER PRACTICE SERIES**

2 In-Person Practice Tests  
Online practice in between

Jan. 28 - Practice Test 1  
Feb. 25 - Practice Test 2  
Sun Valley HS, 8:00 AM

***SIGN UP BY VISITING:***

<https://bit.ly/winter23actpractice>



**COLLEGE  
READINESS**

**UCPS**  
UNION COUNTY PUBLIC SCHOOLS

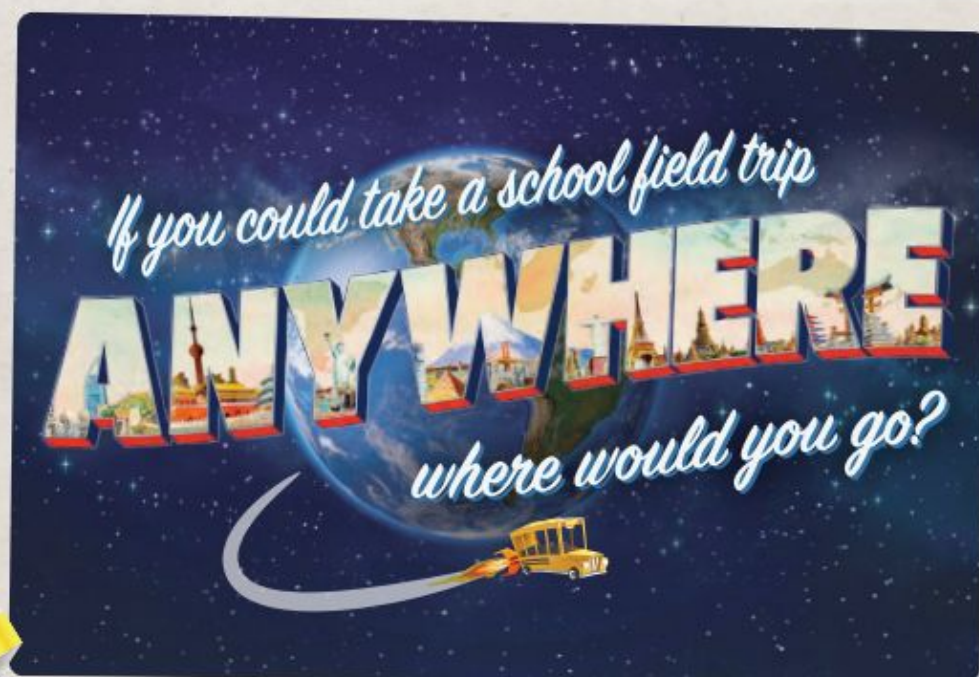
*Students must register through their UCPS Google Account.*





# 2023 Art Contest

To enter the contest, please draw  
or paint an image representing:



The only limit is your imagination!  
The contest runs from  
January 23rd through March 12th.



**Winning students will receive \$500**  
and \$500 for their school!

Go to [ArtContest.ESS.com](https://ArtContest.ESS.com)  
for contest details and art submission.



# Counseling

The focus of the PWHS Counseling Center is to provide students with support in their academic, career, and personal/social development. The counselors assist students with scheduling, course selection, career exploration, college and scholarship advising, coping with peer pressure and stress, developing time management skills and more.

## Counseling Department Staff

**Troy Harris** - 9th Grade and 10th Grade last names A-F

[troy.harris@ucps.k12.nc.us](mailto:troy.harris@ucps.k12.nc.us)

**Shari Davison** - 10-12th Last names G-M & 12th A-F

[shari.davison@ucps.k12.nc.us](mailto:shari.davison@ucps.k12.nc.us)

**Terri Onley** - 10-12th Last names N-Z & 11th A-F

[terri.onley@ucps.k12.nc.us](mailto:terri.onley@ucps.k12.nc.us)

**Lisa Cauthen** - Student Support Counselor

[lisa.cauthen@ucps.k12.nc.us](mailto:lisa.cauthen@ucps.k12.nc.us)

**Shawn Johnston** - Counseling Center Administrative Assistant

[shawn.johnston@ucps.k12.nc.us](mailto:shawn.johnston@ucps.k12.nc.us)

**Valerie Simmeth** - Career Development Coordinator

[valerie.simmeth@ucps.k12.nc.us](mailto:valerie.simmeth@ucps.k12.nc.us)

## Upcoming University Visits

We are bringing colleges, universities and trade schools to Parkwood to visit with you. You are allowed to sign up for 3 visits per semester and you must be passing the class that you will be missing to attend the information session. Please use Scoir to sign up for the visits you are interested in attending. This [Google Form](#) is updated when we have new opportunities for you so make sure you check it often. On the day of the visit, we will bring a hallway pass to your teacher for you to use to attend the session.



# Counseling

## Scholarship Information

Visit our [Wolf Pack Scholarship](#) page to see scholarship opportunities. We update this document frequently so visit this page to make sure you don't miss something that interests you.

## This Week's Highlighted Scholarships

### **SECU Foundation "People Helping People" Scholarships**

- \$10,000 - **Deadline: February 21, 2023.**

All eligible high school seniors must meet the following requirements:

- Must be a senior at a North Carolina public high school
- Must be an SECU member or is eligible for membership through a parent/guardian
- Must be a United States citizen, a resident of North Carolina, and eligible for in-state tuition
- Must be accepted to attend one of the 16 UNC system universities as a full-time undergraduate
- Must have demonstrated scholastic achievement with a 2.5 or higher unweighted GPA on a 4.0 scale
- Must have demonstrated leadership, excellence of character, integrity and community involvement
- Must file FAFSA as part of the application

Interested in becoming nominated?

[Complete this Interest Form](#)

### **2023 Weddington Optimist Club Essay Contest**

- **Deadline: February 14, 2023**

Essay Topic: Who is an Everyday Hero that brings out the Optimist in you? 700-800 words.

Submit essay to Mrs. Johnston at

[shawn.johnston@ucps.k12.nc.us](mailto:shawn.johnston@ucps.k12.nc.us)

### **UNC Charlotte- The William States Lee College of Engineering-**

**(Priority Deadline February 1, 2023 and Main Deadline March 1, 2023)**

Applicant must be: Incoming Freshman, Full time enrollment, A major offered through the College of Engineering (Civil Engineering, Civil Engineering Technology, Computer Engineering, Construction Management, Electrical Engineering, Electrical Engineering Tech, Engineering Tech Undecided, Engineering-Undesignated, Fire & Safety Engineering Tech, Fire Safety Engineering Tech, Mechanical Engineering, Mechanical Engineering Tech, Systems Engineering Major Coding: CEGR, CIET, CPGR, CMET, EEGR, ELET, ETGR, ENGR, FSET, FRST, MEGR, MEET, SEGR), Family income reported through the 2022 Free Application for Federal Student Aid (FAFSA) must indicate the student is eligible for a Federal Pell Grant, Student must have unmet financial needs in excess of \$5,000, Completion of at least a pre-calculus course in high school and the ability to enroll in college calculus during the first semester at UNC Charlotte and Grade of C or better in all high school math courses. Apply to UNC Charlotte and then apply [here](#) for the scholarship.





# Counseling

## Counseling Meeting Request form:

<https://forms.gle/KD2NpkKz8q31xQxZ8>

(must be logged into your school google account)

Students fill out the form to request a meeting with their school counselor

## School Counseling Support - Support is

available for students for mental health concerns.

Parents/guardians reach out to your students' school counselor who can assist with a referral to the school social worker or mental health therapist.

Robyn Mobley - School Social Worker

Thais Yeon - Mental Health Therapist

Atrium Health School-Based Virtual Therapy

## SPCC CAREER AND COLLEGE PROMISE INFORMATION SESSION

*Join us for an information session about  
Career and College Promise (CCP) program at SPCC.*

### Topics covered:

- Pathways
- Eligibility
- Steps to Enrollment
- Career Coach vs. High School Counselor
- SPCC Technology
- Course Load
- Course Instructional Formats
- Accommodations
- Benefits of CCP
- and more

### DATES

August 23, 2022  
September 13, 2022  
October 11, 2022  
November 8, 2022  
January 17, 2023  
February 14, 2023  
March 14, 2023  
April 11, 2023

All info sessions begin at 6 PM.  
(Virtual Microsoft Teams Sessions)

### HOW TO ATTEND?

Simply click the link below to join:  
**Microsoft Teams meeting**  
Join on your computer or mobile app  
[CLICK HERE](#)

### CONTACT INFO

For more information, please  
contact Secondary Education  
Partnerships at [sep@spcc.edu](mailto:sep@spcc.edu) or  
704.290.5090



## 2022-2023 UCPS College Readiness Parent & Student Sessions

Scoir for Seniors.....	August, 2022
College Entrance Exams 101.....	September, 2022
Paying for College.....	October, 2022
Finish the FAFSA On Demand.....	October, 2022
ACT/SAT Blitz.....	October, 2022
Union County College Fair.....	October, 2022
Scoir for Underclassmen Parents.....	November, 2022
Choosing the Right Path in HS.....	December, 2022
Getting Ready for College.....	January, 2023
College Recruiting for Athletes.....	February, 2023
ACT Blitz.....	March, 2023
SAT Blitz.....	April, 2023
Paying for College.....	April, 2023
What Makes a Good College Essay...	May, 2023
Scoir for Juniors & Parents.....	May, 2023

For info and registration, visit <https://bit.ly/collegereadysessions>.



@UCPSCollegePrep



ucpscollegeready





# Counseling

## Schedule Corrections

Students have until 2/3/23 at 3:30pm to request a schedule correction. Counselors will review requests and respond to student school email. Students should check their email regularly.

[Schedule Correction Request Form](#) - Students must be logged into school google account to access.

NCSEAA (North Carolina State Education Assistance Authority) is offering a [How to Pay for College Series](#) webinar. Week 1 is February 2nd from 6-7 PM and the topic is "How to Pay for College" where they will cover the main ways families and students pay for their education and provide some additional places to look for support that you might not have thought of. Use the blue link above to register for this important information.



### COLLEGE SCHOLARSHIPS

Each year, Union Power offers high school seniors, attending North Carolina accredited colleges and/or universities, the opportunity to apply for a \$1,000 scholarship.

# CALLING ALL SENIORS!

## APPLICATION DEADLINE: MARCH 1ST



SCAN THE QR CODE to apply

**UnionPower**  
Cooperative  
A Teachers Energy Cooperative



# Counseling

## ACT/SAT Testing for Juniors

- **All juniors will take the ACT on March 7, 2022 at school.** This is a required state test for juniors. Students will be registered at school for this test date. There is no cost for this administration.
- Students need to check with the colleges they are interested in to see if an ACT or SAT test is required.
- For additional testing students may register for a Saturday national test. There is a fee for national testing. Students who have a financial need should check with their counselor if they are eligible for fee waiver
- You can send your scores to 4 colleges with no extra fee when signing up for the test. If you do not list the colleges when registering you will have to pay to send them later if you want the college to receive your scores

## 2022-2023 ACT Spring National Test Dates

- For ACT register at <https://www.act.org/>

ACT Test Date	Registration Deadline	(Late Fee Required)	Standby Deadline/Photo Upload Deadline
April 15, 2023	March 10, 2023	March 24, 2023	April 7, 2023
June 10, 2023	May 5, 2023	May 19, 2023	June 2, 2023
July 15, 2023	June 16, 2023	June 23, 2023	July 7, 2023

## 2022-2023 SAT Spring National Test Dates

- For SAT register at <https://satsuite.collegeboard.org/sat/registration>

SAT Date	Registration Deadline	Deadline for Changes, Regular Cancellation, and Late Registration
March 11, 2023	February 10, 2023	February 28, 2023
May 6, 2023	April 7, 2023	April 25, 2023
June 3, 2023	May 4, 2023	May 23, 2023

Free Preparation for both ACT and SAT:

- ALBERT - access on high school start up page, log in with Clever
- Students have access to a timed practice ACT or SAT assessment, each section can be taken separately. Once students have completed the timed test, they can practice.
- Scroll to the bottom of the landing page on Albert and choose the subject from the "Independent Practice" section
- <https://www.march2success.com/>

Both ACT and SAT Prep

Free ACT Prep:

- From ACT:  
<https://www.act.org/content/act/en/products-and-services/the-act/test-preparation/free-act-test-prep.html>

Free SAT Prep:

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





# Counseling



## LAWA PRESENTS 2022-2023 HIGH SCHOOL WORKSHOPS

FREE bilingual information session for students and caregivers on how to prepare, plan, and pay for postsecondary education. Learn about college applications, financial aid, career paths, bachelor & associate degrees, trade and vocational program options, & campus tours.

### PATHWAY EXPLORATION SESSIONS AND MORE!

Free transportation from select sites  
Register at: [lawa.news/HighSchool](https://lawa.news/HighSchool)

#### Careers in Engineering

Saturday, February 24, 2023  
8:30 am - 1:00 pm  
University of North Carolina at Charlotte

#### Financial Aid

Saturday, February 25, 2023  
9:00 am - 1:00 pm  
Queens University of Charlotte

#### Careers in STEM

Saturday, February 25, 2023  
9:00 am - 1:00 pm  
Central Piedmont Community College

#### Careers in Sports and Motorports

Saturday, February 25, 2023  
8:30 am - 1:00 pm  
Johnston C. Smith University

#### Careers in Health Sciences

Saturday, February 11, 2023  
8:30 am - 1:00 pm  
University of North Carolina at Charlotte

#### Careers in Health Sciences

Saturday, February 11, 2023  
9 am - 1:00 pm  
Wingate University

#### Careers in Economics and Pre-Business

Saturday, February 25, 2023  
9:00 am - 1:00 pm  
Davidson College

#### Trade and Vocational Careers

Saturday, March 4, 2023  
8:30 am - 1:00 pm  
South Piedmont Community College

#### The JCSU Experience

Saturday, March 25, 2023  
8:30 am - 1:00 pm  
Johnston C. Smith University

#### SPONSORS:



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## LAWA PRESENTA 2022-2023

### REGISTRESE PARA...

Sesiones informativas GRATUITAS BIUNGÜES para estudiantes y familiares sobre cómo preparar, planear y pagar estudios post-secundarios. Conozca cómo solicitar ayuda financiera, trayectorias profesionales, licenciaturas, carreras técnicas, oficios y visitas del campus.

### SESIONES SOBRE CARRERAS Y MAS!

Transportación gratuita de sitios seleccionados  
Regístrese en: <https://lawa.news/HighSchool>

#### Careers in Engineering

Sábado 24 de febrero 2023  
8:30 am - 1:00 pm  
University of North Carolina at Charlotte

#### Ayuda financiera

Sábado 25 de febrero 2023  
9:00 am - 1:00 pm  
Queens University of Charlotte

#### Careers in STEM

Sábado 25 de febrero 2023  
9:00 am - 1:00 pm  
Central Piedmont Community College

#### Careers in Sports and Motorports

Sábado 25 de febrero 2023  
8:30 am - 1:00 pm  
Johnston C. Smith University

#### Careers in Health Sciences

Sábado 11 de febrero 2023  
8:30 am - 1:00 pm  
University of North Carolina at Charlotte

#### Carreras en ciencias de la salud

Sábado 11 de febrero 2023  
9 am - 1:00 pm  
Wingate University

#### Carreras en economía y pre-negocios

Sábado 25 de febrero 2023  
9:00 am - 1:00 pm  
Davidson College

#### Carreras técnicas y oficios

Sábado 4 de marzo 2023  
8:30 am - 1:00 pm  
South Piedmont Community College

#### La experiencia JCSU

Sábado 25 de marzo 2023  
8:30 am - 1:00 pm  
Johnston C. Smith University

#### PATROCINADORES:



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### SCHOLARSHIPS

#### 2023-2024 APPLICATION WINDOW

January 2 - April 2



#### APPLICATION REQUIREMENTS

2.5+ GPA; 3.0 GPA for Renewals

Letters of Recommendation

Personal Essay

Live in the Charlotte Area

Proof of Income

Transcript

College or Trade School Acceptance Letter

Community Involvement

We Accept all Legal Statuses

Contact [scholarships@lawanc.org](mailto:scholarships@lawanc.org) for more

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### BECAS 2023 - 2024

#### PRESENTACION DE SOLICITUDES

Enero 2 - Abril 2



#### REQUISITOS GENERALES

Promedio mayor a 2.5+; 3.0 para Renovaciones

3 cartas de Recomendación

Ensayo Personal

Residir en a Área de Charlotte

Comprobante de Ingreso

Calificaciones

Carta de Aceptación al Colegio o Escuela de Comercio

Servicios Prestados a la Comunidad

Aceptamos a Todos los Estatus Migratorios

Para más información contacte:

[scholarships@lawanc.org](mailto:scholarships@lawanc.org)

LA MISIÓN DE LAWLA ES AVANZAR LA EDUCACIÓN Y CALIDAD DE VIDA DE LOS LATINOS EN LA REGIÓN DE CHARLOTTE  
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# Counseling

## Looking for Summer Education Options?



Students can now apply online for the 2023 Summer Term High School Programs at Boston University, via [our website](#). This coming summer, they are offering five pre-college programs, each of which provides rigorous and collaborative college life experiences that will enable students to gain a strong sense of their personal and academic potential. Here is a brief overview of each:

[High School Honors](#) is a six-week residential, commuter, or online program in which students take Boston University undergraduate courses and earn up to 8 transferable college credits. Students must be entering their junior or senior year of high school in fall 2023.

[RISE Internship/Practicum](#) is a six-week, non-credit residential or commuter program in which students conduct scientific research in a university lab under the guidance of a faculty mentor. Students must be entering their senior year of high school in fall 2023.

[Academic Immersion \(AIM\)](#) is a three-week, non-credit residential or commuter program for students to focus intensively on a single academic topic while experiencing life on a college campus. This summer we are offering three AIM tracks: Introduction to Experimental Psychology; Introduction to Medicine; and Creative Writing. Each track combines classroom work in the subject area with hands-on experiential learning activities. Students must be entering their junior or senior year of high school in fall 2023.

[Summer Challenge](#) is a two-week residential or online program in which students take two non-credit seminars of their choice and experience college life. Students must be entering their sophomore, junior, or senior year of high school in fall 2023.

[Summer Preview](#) is a one-week, non-credit residential or commuter program in which students explore one subject of interest while previewing the college experience. Students must be entering eighth grade or their freshman or sophomore year of high school in fall 2023.





# Counseling

## Looking for Summer Education Options?



### Educating & Inspiring the Next Generation of Journalists

For students curious about what it means to be a journalist, reporting and producing news that informs communities, the Scripps Howard Emerging Journalists Program at Elon University provides the ideal platform to explore their media interests.

Visit Elon University's website at [Elon University / School of Communications / Scripps Howard Emerging Journalists Program at Elon](#) for more information on the application.

The goal is to engage hundreds of high school students from around the country, providing hands-on journalism experience. Through the program's virtual **Exposure** component, students will participate in four interactive learning sessions and build foundational journalism skills.

The second phase of the program, Immersion, brings high school juniors to Elon for a summer on-campus residential learning workshop.

Additionally, students who complete the Immersion program will be assigned two mentors — an Elon communications student and a professional journalist — to help identify, report and produce multimedia stories during their senior year of high school.

There are countless opportunities in journalism, and the Exposure component of the Emerging Journalists Program is designed to give you the foundational skills to see what a collegiate or professional career could look like as a storyteller.

#### What's involved

Participants in the Exposure experience get access to virtual educational opportunities throughout spring 2023 to learn about journalism and communications careers and the importance and power of their voice. Although each session assumes no previous journalism knowledge, even students who already are involved in high school publications will walk away with new skills and perspectives.

#### What you get

- \*Four learning sessions on foundational journalism skills, including News Gathering & Writing; Editing & Design; Photojournalism & Multimedia Broadcast; and Law & Ethics.

- \*A certificate of completion for completing all four session assessments.

- \*High school juniors from diverse socio-economic, racial or ethnic backgrounds who successfully complete the Exposure experience will be invited to apply for the Immersion experience, a 12-day, experiential learning workshop on Elon University's campus with travel, lodging, meal and instructional expenses paid for by EJP.

#### Who's eligible

Anyone may apply to take part in the Exposure experience. There is no cost, although participants will need to have access to technology for accessing virtual sessions and completing assessments.



# Counseling

## Looking for Summer Education Options?



**REGISTRATION OPEN NOW**  
[camps.unca.edu/pre-college](https://camps.unca.edu/pre-college)

Each Pre-College program will run from Sunday to Friday, with topics spanning the arts and sciences. All students will live on campus to fully experience university life and the surrounding community. The program cost, which starts at \$1,350, includes lodging, meals, course materials, activities and excursions.

Dates for our Summer 2023 Pre-College Programs are **June 18-23** and **June 25-30** with several programs offered multiple weeks.

### Topics include:

- Pre-Med
- River Ecology & Adventure
- Great Smokies Young Writers Workshop (Creative Writing)
- Film Scoring & Sound Design
- Ceramics
- Climate, Robotics, Rocketry & Aerospace Engineering
- Geology & Adventure
- Meteorology
- Music Composition & Songwriting

For more information or to register, please visit <https://camps.unca.edu/pre-college>

If you have any questions, feel to reach out to us at [camps@unca.edu](mailto:camps@unca.edu) or 828-251-6960.



# Counseling

## COLLEGE PLANNING TIMELINE

### For 9<sup>th</sup> Grade & 10<sup>th</sup> Grade

- Take courses that challenge you.
- Use Major Clarity to explore course options such as honors, AP, and Career Pathways.
- Pursue extracurricular interests such as clubs, sports or community service.
- Take the PreACT in fall, required school test.
- Start using free ACT and SAT test prep resources.
- Review your goals for the future with your counselor.
- Use Major Clarity and SCOIR (on high school start up page) to begin exploring careers and colleges.
- Check admission requirements for colleges that interest you.

### For 11<sup>th</sup> Grade

- Take the PSAT in October. Must sign up through school, as test is optional.
- Prep for the ACT & SAT tests using ALBERT in high school start up page.
- Attend college fairs and financial aid workshops.
- Visit colleges.
- Use SCOIR & CFNC.org to start researching scholarships, grants and loans.
- Talk with coaches about college sports and scholarship eligibility.
- Take required school day test for ACT in spring.
- To take an additional ACT or SAT register online to take on a Saturday.
- Narrow down list of colleges.
- Plan your senior year courses carefully.





# Helpful Hints from the Counseling Department



## Strategies to Staying Calm During Tests (continued)

### At the exam:

- \*Approach the exam with confidence. View the exam as an opportunity to show how much you've studied and to receive a reward for the studying you have done.
- \*Read the directions carefully
- \*Budget your test taking time
- \*Change positions to help you relax
- \*If you go blank, skip the question and go on. Remember that you do not have to take the test in any order. If you find essays easiest, do these first. If you prefer the multiple choice section, do these first. If you want, work on the questions that are easiest for you... oftentimes they will trigger answers for other questions. If you ever blank on an essay, jot down anything you can recall on scratch paper or on the back of a page to stimulate your memory and get your mind working.
- \*Don't hesitate to ask for clarification from the teacher if you have questions about directions, procedure, etc., rather than let anxiety build up because you aren't sure about what you are expected to do.
- \*Relax yourself physically during the test, if you notice that you are not thinking well or are tight. Pause, lay your test aside, and take several slow, deep breaths. Concentrate on your breathing. Do this if you notice that you are worrying excessively about one problem, not reading carefully, forgetting information you know.
- \*Pay attention to the test, not to yourself and others. Don't waste time worrying, doubting yourself, wondering how other people are doing, blaming yourself, etc. Don't worry about what you should have done; pay attention to what you can do now.
- \*Don't panic when students start handing in their papers. Take the whole period if you need to. There's no reward for being the first done and test-taking is not a race. Often the thoughtful, slower students do better than the fast, careless ones.



# Quick Links

Office Phone: 704-296-0154

## PWHS & UCPS Information

- [Counseling Department](#)
- [PWHS CTE](#)
- [UCPS Calendar](#)
- [Media Center](#)
- [School Calendar](#)
- [Transportation Bus App \(New!\)](#)
- [Volunteer Information](#)

## Instructional Support

- [Student Technology Help Desk](#)
- [Technology Tutorials for Parents and Students](#)
- [EmpowerEd Parent Portal](#)
  - [Mobile Apps, Attendance and Grades, Canvas Access and Tutorials](#)
  - [Tutorial Video](#)

## Back to School Forms

- [Free and Reduced Lunch Application](#) (If Applicable)
- [Military Connected](#) (If Applicable) \*
- [Notice of Right to Withhold Consent](#) (If Applicable) \*
- [Request for Medical Information](#) (Required) \*
- [Authorization to Carry Medicine](#) (If Applicable) \*

*\* Indicates physical copy. Please print, complete and return to homeroom teacher, if applicable. Physical copies are available in front office, upon request.*



# Quick Links

## [PWHS Student Handbook](#)

- Attendance Policy
- Student Dress Code

[Edulog](#) for Bus Transportation Zone

## [Parking Pass Info](#)

## [Yearbook Information](#)

## [Say Something Anonymous Reporting System](#)

Chromebook issues:

- New students report to media center to collect new computer
- Broken computers/computer issues, see Mr. Gaither between 12:00 - 4:00