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# Prep Academy Overview

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**Class of 2025  
and 2026**

**Prep Academy  
College +  
Career Success  
Overview**

# Welcome

## Tonights Objective:

We will share key components of our College Success program at CGHS and resources for students and families to feel prepared and educated as they plan for college and post secondary options.



# Introductions



**Valerie Wilkinson** - Director of College Success

**Ariel Smolik-Valles** - Manager of College Success

**Nichole MacVittie** - Manager of College Success

**Rosanna Horton** - Manager of College Success

# Introductions - College Success Team



Valerie Wilkinson  
Director of College  
Success



Nichole MacVittie  
Manager of  
College Success



Ariel Smolik-Valles  
Manager of  
College Success



Rosanna Horton  
Manager of  
College Success &  
Internships

# Agenda

Tonight we will go over:


- Postsecondary Options
- College Applications

## **School Supports:**

- Seminar class overview

## **What students & families can do:**

- Scholarship opportunities
- Extracurriculars
- Summer Programs



**Our Seniors**  
**1,128 Apps submitted**  
**562 Acceptances**



**Class of**  
**2023**

# Post Secondary Options

# Overview Post Secondary Options

Continuing education after High School is post secondary education

There are several options - Individual Paths

- 18-21 Programs (Students with Disabilities)
- Certificate
- Associates Degree (2 year)
- Bachelor's Degree (4 year)
  - Masters Degree
  - Doctoral Degree





## EMPLOYMENT ENJOYMENT

With many Americans spending 40+ hours in the office each week, having a stimulating job is no small matter. College grads report being happier with their work, as well as having a higher likelihood of learning new things at work compared to those without degrees.



### LEARNING WHILE EARNING

Workers ages 30 to 45 whose jobs require continually learning new things:



### JOB SATISFACTION

Workers ages 30 to 45 who are very satisfied with their work:



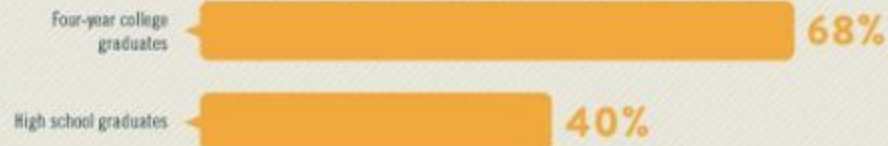
## HEALTHY LIFESTYLES

People with college degrees are more likely to make healthy lifestyle choices, such as exercising more and avoiding smoking—life-long habits that make a huge difference in general well-being.



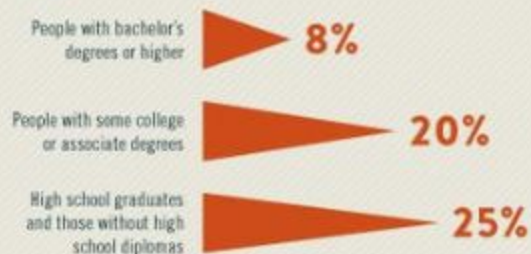
### EXERCISE

Individuals ages 25 to 34 who exercised vigorously at least once a week in 2012:



### SMOKING

Individuals ages 25 and older who smoked cigarettes in 2012:



## SOCIAL MOBILITY

Earning a college education increases the chances that adults will move up the socioeconomic ladder. This means not only improving your life, but improving the lives of your family members. The benefits college grads reap in school can pass on to the next generation.



**31%**



Adults from the mid-range family income quintile who earned four-year college degrees and moved up to the top income quintile between 2000 and 2008

**12%**



Those without four-year college degrees who moved up

Source: College Board 2013 Education Pays Report

## PERSONAL DEVELOPMENT

For many, time spent in college isn't just about grades and exams. It's a unique opportunity to mature, allowing students to learn lessons about life and themselves that pay dividends long after graduation.

COLLEGE IS A PERFECT SPACE FOR STUDENTS TO:



Gain independence,  
confidence and grit



Meet friends and  
build a network



Improve writing and  
communication skills



Learn how to manage  
time and budget  
expenses

# EDUCATION PAYS

Median  
Earnings  
**AVERAGE \$62,056**

Unemployment  
Rate  
**AVERAGE 2.75%**

Doctorate Degree



Professional Degree



Master's Degree



Bachelor's Degree



Associate Degree



Some College but No Degree



High School Diploma

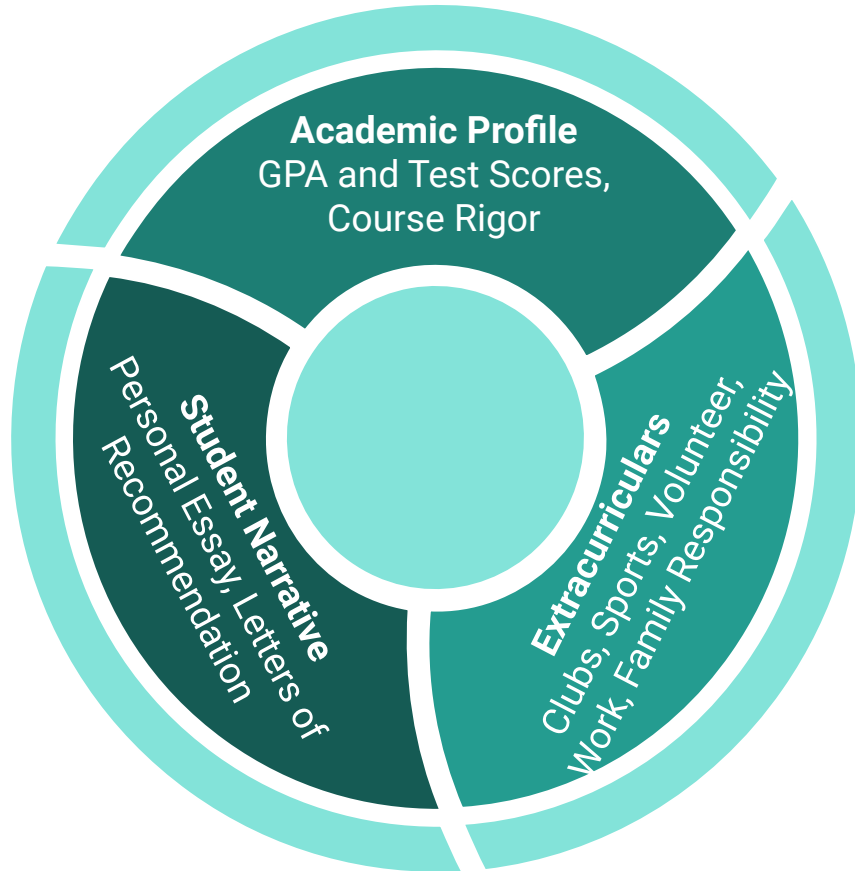


Less Than a High School Diploma



# College Applications

# College Applications



Schools look at students as a whole - Wholistic Review

Students will all have their different and individual profile

# Application Piece - Academic Profile

- Consists of both GPA and SAT score (where applicable)
- GPA is calculated using final grades from 9th through 11th
- Course Selections:
  - Opting into challenging AP classes
  - Honors classes
  - Commitment or passions to specific field



# GPA = Automatic Admission

Schools with automatic admission based on GPA benchmarks

CU Denver - 3.0 (DSST Students)

University of Northern CO - 3.0

MSU Denver - 2.0



# High School Credits & Graduation

DSST Credits to Graduate = 240

DPS Credits to Graduate = 240

- We offer an accelerated Math track for **ALL** our students - 100% of students graduate with at least Pre-Calculus Math which is a requirement for many STEM majors in college
- CGHS offers most robust elective options for students
- Academically rigorous classes to support collses success

# High School Credits to College



This year at CG we offer 17 AP classes.

We are currently offering a few concurrent enrollment classes and working to offer more next year.



**WESTERN**  
COLORADO UNIVERSITY

# Application Piece - Student Narrative

## Personal Essay or Narrative

- This is a focus in the end of your Junior year

## Letters of Recommendation

- Building strong relationships now so that down the road you have teachers to speak to who you are as a learner in the classroom

# Internship - explore interests & gain experience

Built in opportunity to explore interests

Can potentially lead to additional work and leadership

Builds independence, time management, and responsibility



# Application Piece - Extracurricular

Who are you (the student) outside of the classroom and what can you bring to campus you are applying to?





# Get Involved - Extra Curriculars

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## Clubs, Activities, Honor Societies

Cyber Patriot Club  
Art Club  
Animation Club  
Anti-Racist and Equity Club  
Improv Club  
Music Club  
Latinx Club  
La Raza Unida  
National Honor Society  
Gaming Club  
Student Council  
Dungeons and Dragons (D&D)  
Black Student Alliance (BSA)  
Video Game Club

Asian Affinity Club  
Rock Band Club  
Podcasting club  
Speech and Debate  
STEMBlazers  
International Travel Club  
Peer Advisory Leadership (PALs)  
Yearbook  
Yoga  
PRIDE! Club  
Environmental Club  
Harry Potter Club  
Martial Arts Club  
Politics Club  
Girls Who Code  
Thespian Club  
AND MORE...



# Clubs and Activities Website

**CGHS 22-23 Clubs**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

Press Esc to exit full screen

**FEATURES**

- Click the Club Name to sign-up.
- Hover over the club icon to get important updates!
- Click + to learn more about the club.

*Note: All clubs meet after 6th period unless otherwise noted.*

**YEARBOOK**  
When Mondays  
Where Room 304

**CLIMBING**  
When Mondays  
Where Room 202

**ESPORTS**  
When Tuesdays  
Where Room 307

**PRIDE**  
When Mondays  
Where Room 107

**ART CLUB**  
When Mondays  
Where Room 104

**ROBOTICS**  
When Tuesday/Friday  
Where Room 309

**MUSIC**  
When Wednesdays  
Where Room 105

**CHESS**  
When Wednesdays  
Where Room 204

**VOLUNTEER**  
When Tuesdays  
Where Room 311

**PALS**  
When Wednesdays  
Where The Hive

**LA RAZA UNIDA**  
When Wednesdays  
Where Room 201

**MARTIAL ARTS**  
When Wednesdays  
Where Future Center

**CONTENT CREATORS**  
When Wednesdays  
Where Room 307

**ART CLUB**  
When Wednesdays  
Where Room 104

**VIDEO GAMES**  
When Wednesdays  
Where Room 107

**STUDENT COUNCIL**  
When Wednesdays  
Where Room 115

**LEADERSHIP**  
When Wednesdays  
Where Room 308

**WEIGHTLIFTING**  
When Fridays  
Where Weight Room

**BSA**  
When Thursdays  
Where Room 315

**SPEECH + DEBATE**  
When Thursdays  
Where Room 317

**DANCE CLUB**  
When Thursdays  
Where The Hive

**5 Reasons to Join**

genially





# Get Involved - Sports

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## Sports Overview

- CHSAA sanctioned
  - 3A Division
- Confluence League
  - Qualify for state championships in all sports offered!



## CHSAA Sports at DSST

- Cross Country (B/G)
- Basketball (B/G)
- Soccer (B/G)
- Volleyball (G)
- Cheerleading (B/G)

## Partnered w/ Northfield HS

- Golf (B/G)
- Swimming (B/G)
- Football (B)
- Baseball (B)
- Softball (G)
- Lacrosse (B/G)
- Tennis (B/G)
- Gymnastics (B/G)



# **School Supports: What Students & Families Can Do Now**

# College & Career Seminar Class

- Students have College Seminar ~1 every month
- Topics cover why high school matters, various career opportunities, extracurricular benefits, study habits, types of majors and colleges, and much more
- After each seminar you will be receiving a follow up Flyer message from me detailing what we covered and how you can engage with your student on the day's topic

# Connect With Our Team

We are always available to connect with students and families!

Follow us on Instagram

Check our website for resources

Reference our student newsletter

- Student Email
- Website
- Director's Note

# Scholarships



- It is never too early to start searching and applying!
  - Unigo
  - Denver Scholarship Foundation
  - Scholarships360
  - Chegg Scholarships
  - Scholarship America
- Keep those Grades up, they will ask for transcripts
- Get involved - and show leadership



# Get Involved - Summer Programs



## Past Programs Include:

- SUMMET at School of Mines - science and engineering program held on campus for three weeks
- LYNX programs for Arts at CU Denver - camps covering various arts topics from songwriting to filmmaking to photography
- Worcester Polytechnic Institute (WPI) - Frontiers STEM research and DSST Scholarships available
- MC<sup>2</sup> is a two-year program for high school juniors and seniors with programming activities taking place at Children's Colorado and Denver Health (apply as a sophomore)
- [HS]<sup>2</sup> is a full scholarship, STEM-based college-access program that supports first-generation and/or low-income students (3 years- 5 weeks each summer - apply as a freshman)

# Questions & Answers

Stay and check in with individual questions

Stop by PTA in our commons on 1st floor

Information to be sent after this meeting:

1. PDF of Slides
2. PDF of handout

*Thank You!*

The text "Thank You!" is written in a black, cursive font. It is surrounded by five gold stars: one at the top left, one at the top right, one at the bottom left, one at the bottom center, and one at the bottom right. A gold swoosh underline is positioned beneath the text.