



# Central Carolina Works

## Career & College Promise

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November 2018

### Student Spotlight:

Jonathan C. Baires, Lee County High School



**Pathway:** College Transfer

**College Credits Earned:** 12

**College GPA:** 3.08

**CCP Advisor:** Why did you enroll in the Career and College Promise Program at Lee County High

School?

**Student:** I enrolled in the Career and College Promise Program at Lee County High School because I thought of all the opportunities that the program had to offer, like saving tons of money and time while being still in high school. Also it got me ready more for college as I was taking college courses instead of high school ones. Both online and seated courses gave me an aspect of how a college environment is already so i feel really prepared going into college after this year.

**CCP Advisor:** What has been your biggest challenge in being a dual enrolled student?

**Student:** My biggest challenge on being a dual enrolled student would have to be time management but after you have taken one course with all the other classes in high school it gets very easy to manage as you are used to it.

**CCP Advisor:** What advice would you give to peers who are thinking about becoming a dual enrolled student in CCP?

**Student:** I want my fellow peers and future students get into the dual enrolled program as it can only benefit you and not harm you. If you push yourself beyond your limit your success results will impress you more than you believe.

**CCP Advisor:** What has been your biggest accomplishment in the CCP program?

**Student:** My biggest accomplishment would have to be getting

lots of college credits and hours before I even go to college. Also after the second semester I will have completed my pre associates, which I am very excited for!

## CTE Pathway Offering: A Pathway to Fitness

Are you interested in physical fitness and nutrition? Do you like helping people set and meet goals? Students interested in a career in a fitness studio, with a parks and recreation department, hospital, or sports performance facility should consider the health and Fitness Technology program at CCCC. Students can earn an Associate in Applied Science in Health and Fitness Science (five semesters), Diploma in Health and Fitness Science (three semesters), or Certificate in Health and Fitness Science (two semesters).

High school students can enroll in this program and earn the Health & Fitness Science Certificate by successfully completing the following classes:

HEA 112 First Aid & CPR  
HFS 110 Exercise Science  
HFS 111 Fitness and Exercise Testing  
HFS 116 Prevention & Care of Exercise Injuries  
HFS 210 Personal Training

For more information, visit the [Health and Fitness Technology](#) program page on CCCC's website.

## Resources for Students Ready for Work: College Foundation of North Carolina (CFNC)



College Foundation of North Carolina (CFNC) is a free resource to students that assists with career and college planning. By visiting their webpage, [CFNC.org](http://CFNC.org), students can begin planning for a career today.

Students can complete inventories that will assess their interests, skills, and work values to determine which career options suit them best. After determining which career clusters match the student, they can then explore different career choices in each cluster.

Students can determine what professionals actually do in a specific job, what level of education is required for the job and what skills are needed, as well as what the starting and average salaries are in a particular career. There is also a tool called "reality check," which is a survey that students take to determine the income needed to support their desired lifestyle. Based on the results, students are directed to jobs that meet their financial needs. There are also tools to help students to prepare for getting a job which include: a resume builder, a cover letter creator, a thank you letter builder, and job interview questions.

Whether preparing for college or a career, [CFNC](#) is a great resource that is free to use to better prepare students.

## College Transfer at a Glance: University of North Carolina Asheville



Elizabeth City State University is a liberal arts college who focuses on "integrating technology with education, improving human health and wellness, and advancing the natural and aviation sciences."

ECSU serves the northeastern part of the state and prides itself in accountability, diversity, and excellence. They are a small school with only 1,678 students which allows for more in depth relationships between faculty and staff. They offer 26 bachelor degrees and are a part of the NC Promise tuition program that limits the cost of tuition to \$500 per semester for in-state students.

ECSU is in the CIAA division as Division II athletics school. They offer men's and women's basketball and cross country. They have men's football and golf and women's softball, bowling, tennis, and volleyball.

ECSU works closely with transfer students from NC Community Colleges to ensure a seamless move over to ECSU. ECSU is a top 20 HBCU in national rankings and a noted military friendly university as well. The average GPA of entering students is 2.5 weighted, average ACT is a 17, and 880 for critical reading and math portions of the SAT. The college hosts over 50 clubs, including Greek life, as well as school wide events like concerts and movies. Interested in becoming a Viking? Head over to [www.ecsu.edu](http://www.ecsu.edu) for more information.

(Sourced from [www.ecsu.edu](http://www.ecsu.edu).)

## Resources for Students Going to College: Paying for College: Financial Aid Options

Once you've figured out your area of interest and what kind of degree or certification you'll pursue, the next big question is how to pay for it. While higher education costs can seem prohibitive, the good news is that there are lots of options available to help you finance your academic pursuits.

Financial aid options that may be available to you include scholarships, grants, loans, and even work-study programs and assistant-ships. Private loans are another solution to helping you achieve your educational goals.

With so many choices it can be overwhelming and hard to know which option is right for you. The link below contains extensive information on each of the different types of federal student aid available to prospective students like you to help cover the costs of a degree program. Take the time to explore your options and understand which ones might meet your financing needs best.

For more information visit [Schoolbound.com](http://Schoolbound.com).

## Central Carolina Works Director's Spotlight



As we prepare for the holiday season and a break from school, I hope you all finish out this semester strong. Always remember to keep your end goal in sight so that you remember what you are trying to accomplish. Work hard for now, but take time to enjoy the time off in a couple weeks. Start studying for your final exams, wrap up the remaining assignments and make sure you are ready for next semester. Keep your focus straight ahead, and may you and your families have a wonderful holiday season!

Sara Newcomb, Ed.D.

