OHS FRESHMAN CHECKLIST



from your Counselor & Career Coach

- ☐ **Be informed:**
  - ☐ Get in the habit of checking your school email often.
  - ☐ Know how to get in touch with your School Counselor, Mrs. Megan Hastings:
    Email—mhastings@ocsredskins.com
    Appointments—calendly.com/hastingshelps
  - ☐ Know how to get in touch with your Career Coach, Mrs. Nicole Tolbert:
    Email—ntolbert@ocsredskins. Appointments—calendly.com/tolbertcareercoach
  - ☐ Follow us, **your College and Career Team, on social media**: On Instagram, @oneonta.college.career and *Oneonta College and Career Team* on Facebook.
  - ☐ Join **The College and Career Team Google Classroom** (join code: 6iec2bz)
  - ☐ Download the PowerSchool and ParentSquare App to receive updates and info.

- ☐ **Connect:** Visit College Recruiters/Armed Forces/Business Professionals when they come to your campus. **Look out for College and Career Night to be this fall!**

- ☐ **Be involved:** Get involved in school activities and organizations. Participate in quality volunteer/community service activities. These look GREAT on a resume and offer meaningful experiences! Run for office, don't be a member in name only, join clubs/get involved, and update your portfolio/resume at the end of the semester.

- ☐ **Create a digital high school portfolio** in your personal email/google drive.
  - Include goals, plans, accomplishments (this will become your resume eventually).
  - Collect and organize your career research including interest assessment results, 4 year plans, plus college and scholarship information; keep copies of report cards and awards.
  - Update every spring after Awards Day.

- ☐ **Did you complete your four year plan?** We did this in 8th grade. Ask one of us if unsure.

☐ **Set SMART Goals:**
- **S**pecific - There is a specific goal that you want to achieve
- **M**easurable - Your progress can be measured
- **A**ttainable - The goal should be possible to achieve
- **R**ealistic - A realistic goal is something that is reasonable for you to do
- **T**ime-Related - You have a time frame for achieving your goal

☐ **View Your Transcript:**
- Remember, your grades will count toward college and will show up on your permanent record. A tougher curriculum can increase your chances of scholarship and admissions selection. Colleges and employers will be looking at your academic efforts.
- If you get behind in credits, make an appointment with your counselor and create an intervention plan ASAP.

□ **Explore your interests and learn your strengths:**
- Take a Career Quiz at https://www.mynextmove.org/ or alabamaworks.alabama.gov or al.kuder.com or 16personalities.com.
- You'll take the *YouScience Discovery Assessment* this year during Career Prep. Once you have your results, you can browse your individualized YouScience aptitude and career interest results at **signin.youscience.com** (sign in with your school google account). You'll have access to your results for 10 years!

☐ **Tap into your Boss Energy**
- **GPA (grade point average) starts counting now for your high school records!** Build a good foundation for your high school GPA. Colleges will first look at your GPA and then your ACT score.
- Then, they'll see what activities you're **involved** in or if you have a job or community service experience. Impress them by balancing it all and being a **well-rounded student.**
- Future employers also like to see that you can balance school with something else: work, activities, etc.
- **Foster relationships** with your teachers, coaches, supervisors, club sponsors, counselor, and career coach. You will likely ask them for letters of recommendation one day.
- Find out how you learn best. **Develop study habits and organizational skills** that will help you succeed! When in doubt or in need, ask for help!
- **Be aware of your digital footprint**. Make sure your personal email is professional and can be long-lasting.

The decisions you make during high school can affect you for a lifetime. Choose wisely. We are here to help you confidently pave your path ahead!