



Freshman + Sophomore Year Checklist



CREATE A FOUR-YEAR HIGH SCHOOL PLAN.

- Think about what you'd like to accomplish in the next four years.
- Ask your counselor which high school courses are required by colleges, and make sure that you're taking the right classes as early as the ninth grade.
- Get to know the levels and types of courses offered by your school.

START THINKING ABOUT YOUR LIFE AFTER SCHOOL, INCLUDING THE TYPES OF CAREERS THAT MIGHT INTEREST YOU.

- Identify your interests, likes and dislikes, not just in classes but in every area.
- Talk to other people, such as your school counselor, teachers, recent college graduates who are working, professionals in the community, etc., about careers you might find interesting.

MEET WITH YOUR HIGH SCHOOL COUNSELOR. YOUR COUNSELOR KNOWS HOW TO HELP YOU GET THE MOST OUT OF HIGH SCHOOL.

- Discuss post-high school plans with your counselor during your IGP meeting later in the year.
- Research potential internship and job shadow sites that align with your goals and share the information with your counselor.
- Discuss taking Honors courses, Advanced Placement courses or dual-credit courses. Find out which courses will prepare you for your post-high school plans.

PARTICIPATE IN EXTRACURRICULAR ACTIVITIES. ACADEMICS IS JUST THE STARTING POINT.

- Explore your interest in a sport, school club, music or drama group or community volunteer activity.
- Remember that colleges/employers would rather see real involvement in one activity instead of a loose connection to several.
- If you're interested in playing sports in college, research the National Collegiate Athletic Association (NCAA) eligibility requirements. The NCAA requires completion of certain core courses; you can find the specifics at ncaaclearinghouse.net.

PLANNING TO ATTEND A TWO-YEAR OR FOUR-YEAR COLLEGE? IT'S NOT TOO LATE TO PUT MONEY ASIDE FOR COLLEGE. EVERY LITTLE BIT HELPS!

- Learning about financial aid early on can also help you down the road.

EXPLORE LOCAL OPPORTUNITIES.

- Look for a job, internship or volunteer position that will help you learn about a field of interest.
- Research Youth Apprenticeship programs and internship opportunities.
- Discuss work-based learning opportunities with your counselor.
- Update your resume or online portfolio with your accomplishments.

GET FAMILIAR WITH ANY ASSESSMENTS YOU MAY NEED FOR YOUR POST-HIGH SCHOOL PLANS.

- Most four-year colleges consider applicants' scores on college admission tests as part of a deciding factor for admission.
- Take the PRE-ACT and/or the PSAT to get an understanding of the testing format before taking entrance tests in 11th grade.

- Download free practice tests for needed assessments.
- Review PSAT scores to see what Advanced Placement courses might be good for you to take.

RESEARCH COLLEGES AND CAREER OPPORTUNITIES.

- Attend college and career fairs. Participate in any learning opportunity available to explore career fields.
- Tour college campuses. Take advantage of vacation or travel time to visit colleges. Even if you have no interest in attending the college you are visiting, it will help you learn what to look for in a college.

