College may seem far away, but it's never too early to get on the right track. Challenge yourself academically and aim for high grades. Build your vocabulary by reading. You also have many resources available to you to help with you career and college planning—take advantage of these to stay on track with your studies, graduation requirements, and college entrance and application requirements.

Explore IDENTIFY GOALS 8 RESOURCES

FRESHMAN YEAR

- Start identifying goals and undertand the importance of grades and being involved. Make sure you are documenting your hours of participation.
- Find something you're passionate about—community service, clubs, sports—as colleges would rather see you find a few worthwhile activities to be very involved in rather than just partially involved with a number of clubs.
- Start to learn your resources: learning lab, math lab/tutoring, school

- counselor and Career and College Counselor and Coordinator.
- Do Naviance career/college activities with your counselor
- Start college searches. Look at the back cover for resources and websites, including school-specific Naviance web pages.
- Begin making meaningful connections with at least three teachers.
 You'll need them for references for colleges, jobs and scholarships and they make your time in high school more enjoyable.

START CONTROL OF YOUR FUTURE

Advocate

10

SOPHOMORE YEAR

- Continue what you started freshman year...involvement, etc.
- You are your #1 advocate! Advocate with your teachers, counselor, career/college counselor, etc. as you plan and forecast your coursework.
- Take the PSAT!
- Take the ACT ASPIRE test
- Interview people in careers that you are interested in. If you need help

finding adults in these fields, make an appointment with your Career and College Counselor.

- Look into taking the PRA test. It's
 a practice SAT/ACT hybrid test
 to help you start understanding
 whether the SAT/ACT is more
 appropriate for you to take.
- Use your summer wisely! Plan to volunteer, work, take a summer class, do an internship, or other activities that help you further your goals and plan for your future.



JUNIOR YEAR

- Continue with your community/ school involvement and keep tracking your activity hours.
- Take the PSAT! You can qualify for National Merit Scholarships and it's good practice for the SATs.
- Come up with a list of three to six colleges you are interested in, including community college, private or public schools, in-state or out-ofstate schools.
- Start visiting college campuses.

 Register for the SATs/ACTs. Make sure you put the colleges you apply to on your registration forms because it's free this way! Later on it costs \$10-\$12. For information and registration, visit:

> SAT: www.collegeboard.com ACT: www.act.org

- Start searching for and applying for scholarships. Look at www.naviance. com, www.oregonstudentaid.org, and the financial aid pages on school and college websites.
- Make sure you're volunteering, working, doing internships, and staying involved!

SUMMER BETWEEN JUNIOR AND SENIOR YEARS

The time you spend in the summer will greatly benefit you in the future, including being farther along in your planning and not having to rush through everything in the middle of the school year.

- Create a scholarship and college application timeline and get familiar with college applications, including the Common Application used for many schools.
- Continue to visit campuses.



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MAKE IT HAPPEN

Apply

12

SENIOR YEAR

- Take SATs/ACTs again.
- Apply to colleges by winter break.
 NOTE: Some college admission deadlines are in the fall!
- Ask for letters of recommendation from teachers, employers and mentors as part of scholarship and college applications.
- Order official transcripts in the counseling center.
- Complete the FAFSA first thing in October, even if your information is still tentative, to get you early in line for financial aid. You can always revise the FAFSA later with updated information.

- Review your financial aid award letters and decide on the college that is best for you.
- Apply for housing if you're staying on campus.
- Make your final decision by May 1.
- Keep up your grades—your final semester still matters for your college admission!
- Don't forget to order a final transcript through the counseling center
 to send to your college.
- Sign up for your college's summer orientation.
- Contact and schedule an appointment with the college's counseling and career centers.

ARENTS
of high school students

- Foster goal setting and support. Remind your student about the goals they've set and support them.
- Review your calendars. Make note of test registrations and dates, financial aid dates, admissions deadlines, etc. Help your student meet those deadlines.
- Foster a balanced life. Talk about extracurricular activities, school work, job, future planning, etc.
- Visit campuses together. Look for campus events and open houses to spark interest.

 Look for outside help. Talk to your student's counselors and teachers about available resources.

• Keep an eye on your student's grades. Help them through "senioritis" and encourage them to keep working hard toward the end. Be sure to visit Synergy ParentVue (myvue.hsd.k12. or.us) to view your student's current class gradebooks and support their efforts to stay on track with assignments.

