

## Sophomore Year College/Career Planning Checklist

- ☐ **Set goals for the school year.** Working toward specific goals helps students stay motivated and focused. Consider a [Smart Goal Format](#) to maximize your year.
- ☐ **Make a plan to check in regularly about schoolwork.** If you keep up with tests, papers and homework assignments, you can celebrate successes and head off problems early. **Check your grades on a weekly basis and use your resources and/or teachers & counselors to stay on track!**
  - Be sure your plans include solid [study skills](#), note taking skills, time management and organization. If you need support in this, please seek help!
- ☐ **Look into extracurricular activities.** Getting involved in clubs and other groups is a great way to identify interests and feel more engaged in school. Keep a list of your activities for resumes and college admissions! Check out the options on the counseling classroom
- ☐ **Consider taking the [PSAT/NMSQT](#).** Taking the test can help students prepare for the SAT and get on track for college. Sophomores can also use their score reports to figure out which academic areas they need to work on. Taking the PSAT in 10<sup>th</sup> grade is a practice opportunity. The PSAT as a junior counts toward the National Merit Scholarship program.
  - After taking the PSAT, review results and make a plan. Log in to the [student score reporting portal](#) to learn about strengths as well as how to prepare further for college and career.
  - Another key benefit: The PSAT can connect students to [free, personalized SAT study tools](#); AP courses; and college and career planning resources.
  - FREE test prep courses accessible on [Edgenuity](#). Ask your school counselor to download a course for you.
- ☐ **Students should always meet with their school counselor if they have any questions about college and career options and to make sure he or she is taking the most-appropriate classes.**
  - Counselors help students modify their plan and select next year's classes. Students should consider challenging themselves and taking the courses college admission officers expect to see, or courses that will relate to careers they are interested in.
- ☐ **[Explore career ideas](#) or use this [interactive tool](#) to learn about your best fit.** Make a list of interests, talents and favorite activities and start matching them with occupations.
- ☐ **[Explore colleges and scholarships](#) early to begin narrowing down your options!**
  - Make a college wish list. Ranking schools based on preferences in terms of location, size, majors offered and so on can help students determine what they want in a college.
  - See how much you need to save for college. Use [online calculator tools](#) to plan ahead.
  - If you are an athlete planning to participate in sports at college, meet with your school counselor to discuss NCAA eligibility requirements. You can find details on their [website](#).
  - Learn more about college through the [StudentAid](#) Playlist, the [Better Make Room](#) Playlist, or other videos and resources online.

- Talk to your counselor about college admissions representatives coming to Show Low High School and make a folder to help you organize your college list, scholarship information, etc.
- ❑ **If you plan to attend college, start looking for scholarships.** Many scholarships are available for younger grades, and SLHS Counseling keeps an updated list on their [Google Classroom](#). Many [national websites](#) and [searches](#) also have searchable scholarship databases and email alerts!
- ❑ **Register for FREE college courses with NPC at [NPC.edu](#) if appropriate.** Start building transferable college credit NOW! All SLHS students have access to 7 FREE NPC college credits each semester in high school. Contact our NPC advisor Mrs. Zimmerman for details- Karen.zimmerman@npc.edu.
- ❑ **Take some time to make strong summer plans.** Summer is a great time to explore interests and learn new skills — and colleges look for students who pursue meaningful summer activities.
  - Consider visiting a college campus or exploring [ecampus tours](#)! It's a great way to learn about your options and begin narrowing down which postsecondary options may be right for you.
  - You may also wish to consider summer school options or summer camps/programs to reach your goals while in high school and set goals for your future.
- ❑ In the Spring apply for a NAVIT program, Auto Mechanics, Welding, Cosmetology, Medical Assistant