



## FALL - WINTER

### TIME MANAGEMENT

- Learn how to make the most efficient use of your time.
- Use SMART goals to keep you on task.
- Include down time in your schedule.

### COLLEGE ENTRANCE EXAMS

- If you're taking an AP class this year, consider sitting for the AP exam (May). If you're concerned about your readiness, check in with your teacher for advice.
- Several colleges are test optional - check here for the most comprehensive list.
- College placement test preparation.
- Take the PSAT (Pre-SAT) to help prepare you for the SAT. Use [Khan Academy to prepare](#). Your PSAT scores are the qualifiers for the National Merit Scholarship, so do your best.
- Take the [PreACT](#) to help you prepare for the ACT.
- Begin thinking about the ASVAB Aptitude test if you are thinking about military as an option.

## SPRING

### ACADEMICS

- Meet with your school counselor at least once a year to discuss course selection. Continue building this relationship by asking lots of questions about new courses and suggestions for ways to develop your interests. Continue to make meaningful connections with your school counselor and your teachers.
- Stay focused on keeping your grades up--this year's grades are important to college admissions officers. Though keep in mind, freshman year grades do matter. Colleges look at your grade point average (GPA and WGPA) along with the rigor you are taking in your course load.
- Plan rigorous academic courses for your junior year that reflect your interests, school progress and emerging career plans.
- Challenge yourself academically by taking one higher-level (honors or AP) class or two (honors or AP classes), in areas that you're interested in.
- Review your four-year academic plan with your counselor.
  - Enroll in Honors, Advanced Placement (AP) or International Baccalaureate (IB) courses, which may earn college credit.
  - Take college courses ([dual enrollment](#)) while in high school and earn both high school and college credit .
  - Inquire about [Early College programs](#) with Montgomery College to take college courses on their campus or virtually.

## SPRING (CONT.)

- Apply for college prep programs such as ACES, College Tracks and Collegiate Directions (CDI).

### EXTRACURRICULAR ACTIVITIES

- Continue participating in non-academic extracurricular activities if you have started already. See if you deepen your involvement or take on a leadership role in the activities you've already been doing. Or step outside your comfort zone and try something new.
- Join a club or try out for a sports team.
- Volunteer for something you find important.
- Explore summer opportunities – be mindful of application deadlines which can be as early as February.
- Update your activity log.

### CAREER EXPLORATION

- Seek summer opportunities to work or volunteer in your field of interest.
- Take a [career interest survey](#) to determine your strengths and career field interests .
- Register for programs at [Thomas Edison High School of Technology](#) or [Seneca Valley High School](#) that align to your career interests.
- Have conversations with your counselor, the college advisor, teachers, family and community members about their career paths and what they studied in college.

## COLLEGE SEARCH

- Visit campuses – think about the size, location and academic programs.
- Read more about possible college majors and careers to better plan out your high school classes.
- Attend local [college fairs](#) in your area and at MCPS schools.
- Try online college fairs and virtual campus tours (<https://campustours.com>; [www.youvisit.com](http://www.youvisit.com); [www.ecampustours.com](http://www.ecampustours.com)).
- Use an [online search engine](#) to find colleges or in Naviance.

## SUMMER

### PREPARE FOR SUMMER

- Participate in an enrichment program that extends your knowledge .
- Continue exploring your interests during the summer. This could be through a job, volunteer experience, or [self-designed project](#).
  - Get a job – many important skills are developed in work environments.
  - Volunteer with an organization you find interesting – try to do the same location each summer for consistency.
  - Apply for a service learning program.
  - Create a summer reading list from teacher recommendations: continue expanding your vocabulary and your world.

## SUMMER (CONT.)

### MONEY MANAGEMENT

- Learn about types of scholarships and grants ([www.finaid.org](http://www.finaid.org) or [www.studentaid.gov](http://www.studentaid.gov)). Review the requirements such as GPA, test scores, rigorous courses, STEM or others to work on meeting them.
- Take a [financial education course online](#).
- Use the tools found on the [College Affordability and Transparency Center website](#) to compare and estimate your college costs.
- Research net price calculators on the website of colleges that appeal to you—type “net price calculator” in the college’s website search field.

### IF YOU THINK YOU MAY PLAY DIVISION I OR II SPORTS IN COLLEGE:

- Register for the [National Collegiate Athletic Association \(NCAA\) clearinghouse](#).
- Register for the [National Association of Intercollegiate Athletes \(NAIA\) Eligibility Center](#).
- Familiarize yourself with National Collegiate Athletic Association (NCAA) requirements. Then double-check that all of your courses are NCAA-approved. Not all high school classes count towards their requirements.
- Let your high school counselor know you’re considering college athletics.

**LINKS****COLLEGE ENTRANCE EXAMS**

- Khan Academy
  - <http://www.khanacademy.org/test-prep/sat>
- PreACT
  - <http://www.act.org/content/act/en/products-and-services/the-act/test-preparation/free-act-test-prep.html>

**ACADEMICS**

- Dual Enrollment
  - <https://www.montgomeryschoolsmd.org/curriculum/partnerships/dual-enrollment>
- Early College Programs
  - <https://www.montgomeryschoolsmd.org/curriculum/partnerships/early-college>

**CAREER EXPLORATION**

- Career Interest Survey
  - <https://montgomerycollege.lightcastcc.com/assessment?region=Rockville,%20MD&radius=%200R%20https://roadtripnation.com/edu/careerfinde>
- Thomas Edison High School of Technology
  - <https://www2.montgomeryschoolsmd.org/schools/edison/about/>
- Seneca Valley High School
  - <https://www.montgomeryschoolsmd.org/schools/senecavalleyhs/career-programs/?usp=sharing>

**COLLEGE SEARCH**

- College Fairs
  - <http://www.nacacfairs.org/attend/national-college-fairs>

**COLLEGE SEARCH (CONT.)**

- Online Search Engine
  - <http://www.nacacfairs.org/attend/national-college-fairs>

**PREPARE FOR SUMMER**

- Self-Designed Project
  - <https://www.collegeessayguy.com/blog/independent-research-project-high-school>

**MONEY MANAGEMENT**

- Financial Education Course Online
  - <https://www.fdic.gov/consumer-resource-center/money-smart-young-people#9-12>
- College Affordability and Transparency Center
  - <https://collegecost.ed.gov/>

**SPORTS IN COLLEGE, DIV I OR II**

- National Collegiate Athletic Association (NCAA) clearinghouse
  - <https://web3.ncaa.org/ecwr3/>
- National Association of Intercollegiate Athletes (NAIA) Eligibility Center
  - <https://play.mynaia.org/>

# SOPHOMORE YEAR CHECKLIST

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