



# COLLEGE & CAREER READINESS JUNIOR CHECKLIST



Name: \_\_\_\_\_

Date: \_\_\_\_\_

Graduation Date: May of

Are you planning on....Graduating high school? ...Going to college? ...Getting a job? Make sure you are prepared by following these steps throughout your junior year.

**Update your four-year high school plan:**

- Think about what you want you'd like to accomplish in the next two years.
- Take classes recommended for college preparation. Follow the recommended [core curriculum](#) for Missouri high school students. Talk to your school counselor about scheduling classes that will help you reach your goals.

**Participate in extracurricular activities, community service activities, and leadership opportunities:**

- Academics aren't everything. Explore your interest in a sport, school club, music, or drama group.
- Explore and participate in community volunteer activities.
- Explore leadership opportunities in school activities and outside organizations such as the Boy Scouts, Girl Scouts, or other community groups.
- Remember that colleges would rather see real involvement in one activity instead of a loose connection to several.
- Update your Letter of Recommendation form and Resume!
- If you participate in high school sports, review the [National Collegiate Athletic Association \(NCAA\) requirements](#) for college athletes.

**FALL (August – December):**

- Start your year off right by talking with your guidance counselor about the year ahead. Confirm that your courses will put you on the right track for college admission. Continue to plan and take challenging high school courses. The course you take in high school show colleges and employers what kind of goals you set for yourself.
- Take the PSAT which you signed up for as a sophomore. This test will provide you valuable feedback on your college readiness and a free, personalized plan to help you start getting ready for the SAT – and for college.
  - [PSAT](#)
- Add to your résumé—a record of your accomplishments, activities, and work experiences. This will be an important part of your college application. Continue adding to your Letter of Recommendation Form. Below are two links that will help you with both of these things.
  - [Sturgeon School Counseling Website – Letter of Recommendation Form](#)
  - [Missouri Connections](#)
- Register for and take the ACT and/or SAT. You should be academically ready to take either now or by the spring semester. If not, you should take one or both the summer before your senior year. Be sure to have scores sent to both your high school and colleges you are applying to. Click on the link below for ACT or SAT information.
  - [ACT](#)
  - [SAT](#)
- Begin to create a list of schools that you would like more information on. Visit their websites to find out academic, financial aid and admission requirements/opportunities.
- Take every opportunity to get to know colleges: meeting with college representatives who visit your high schools during the fall, attending local college fairs, visiting campuses. Juniors at Sturgeon HS have one college visit day to use 1<sup>st</sup> semester and one to use 2<sup>nd</sup> semester. You can get a permission slip from the counseling office.
  - [Click here](#) for a list of questions to ask on your college visit (scroll down to find)
- Continue exploring potential careers and colleges. Explore your career options in more detail – research possible careers to learn about the tasks, education, and training necessary for each occupation. Check out the link below for information.
  - [Sturgeon School Counseling Website – Career Pathways](#)
  - [Missouri Connections](#)

**WINTER (January – February):**

- Register for and take the ACT and/or SAT. You should be academically ready to take either. If not, you should take one or both the summer before your senior year. Be sure to have scores sent to both your high school and colleges you are applying to. Click on the link below for ACT or SAT information.
  - [ACT](#)
  - [SAT](#)
- Come up with a preliminary list of colleges that includes [reach](#), [match](#), and [safety](#) schools.
- Begin researching and compiling information about financial aid and scholarship opportunities.

- [Sturgeon School Counseling Website – Paying for College](#)
- Remember your A+ requirements!
- Read, Read, Read! Developing your reading skills will help prepare you for tests and make you a well-rounded individual. Read as many books as you can and also stay up to date on current events.
- Practice your writing! You'll need good writing skills no matter what path you pursue, so work on those skills now to get prepared. Find a teacher or another adult who can advise and encourage you to write well.
- Get advice and make a plan with your school counselor. Meet with your school counselor to make sure you are staying on track and will be prepared for your post-high school plans.

□ **SPRING (March – May):**

- Register for and take the ACT and/or SAT. You should be academically ready to take either by the spring semester. If not, you should take one or both the summer before your senior year. Be sure to have scores sent to both your high school and colleges you are applying to. Click on the link below for ACT or SAT information.
  - [ACT](#)
  - [SAT](#)
- Explore the college admissions process. Get familiar with the general college admissions requirements. The following links will provide you information about this process:
  - [College Admission Articles](#)
  - [The Common Application](#)
  - [Sturgeon School Counseling Website – Post-Secondary Planning](#)
- Continue researching and compiling information about financial aid and scholarship opportunities.
  - [Sturgeon School Counseling Website – Paying for College](#)
- Keep your grades up! There's probably a lot competing for your attention during this time of year, but it is important to remain focused on doing well in your classes. Remember that your grades affect your GPA and class rank – two factors that colleges consider in the admissions process.
- Develop a preliminary list of colleges that interest you. Contact them! Email or call them and ask for more information about their academic requirements and any programs or activities that you are interested in. It is especially important to start this process now if you think you want to attend a military academy.

□ **SUMMER:**

- Register for and take the ACT and/or SAT. You should be academically ready to take either by the spring semester. If not, you should take one or both the summer before your senior year. Be sure to have scores sent to both your high school and colleges you are applying to. Click on the link below for ACT or SAT information.
  - [ACT](#)
  - [SAT](#)
- Make plans to visit colleges you are interested in.
  - [Click here](#) for a list of questions to ask on your college visit (scroll down to find)
- Become familiar with the college admissions process. Get familiar with the general college admissions requirements. The following links will provide you information about this process:
  - [College Admission Articles](#)
  - [The Common Application](#)
  - [Sturgeon School Counseling Website – Post-Secondary Planning](#)
- Sign up and complete your A+ Tutoring Hours during summer school!
- Get a summer job! Finding steady summer work will look good to prospective colleges and employers. Putting the money you earn away for college will also help you get a head start on a personal savings plan.

□ **General Recommendations:**

- Work hard in your classes! Your GPA and class rank are factors used in college admissions and scholarships (free money)!
- Be at school every day possible. Attendance is a key factor in student academic and social success. Your attendance is also a huge factor in determining you're A+ Scholarship Program eligibility.
- Set your expectations high: Select challenging courses for your high school years. Take classes recommended for college.
- If you are having difficulty in any of your classes, don't give up! Talk to your teacher, advisor, or counselor for help.
- Read as much as you can! It will give you new ideas, make you a better thinker, and build your vocabulary. It will also help improve your scores on your college prep tests such as the ACT and/or SAT.

**Helpful Links for College and Career Readiness Planning:**

- <http://dhe.mo.gov/ppc/11thgrade.php>
- <https://dese.mo.gov/college-career-readiness/career-education>
- <http://www.ccrscenter.org/>