



COLLEGE & CAREER READINESS SOPHOMORE 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 sophomore year.

Update your four-year high school plan:

- Think about what you want you'd like to accomplish in the next three 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.
- If you participate in high school sports, review the [National Collegiate Athletic Association \(NCAA\) requirements](#) for college athletes.

FALL: Begin to Plan for College Admissions Tests and Explore Careers

- 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.
- Be sure to sign up for the PSAT which you will take as a junior. 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](#)
 - [SAT](#)
- Continue developing a résumé—a record of your accomplishments, activities, and work experiences. This will be an important part of your college application. Continue developing 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](#)
- Start getting ready for the ACT. If the ACT PLAN test is available it will be set up to take during your sophomore year.
 - [ACT](#)
- Continue learning about 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 exploring potential careers. 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](#)

WINTER: Read and Write and Plan

- Take on new roles! Stay involved with extracurricular activities and work towards leadership positions in the activities you like best. Become involved in community service and other volunteer activities.
- 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/SUMMER: Keep your grades up and reach out to colleges**

- 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.
- Start your college search! Use our college search tools to decide what factors are important to you and find colleges that match your criteria. Attend college and career fairs and read the materials you get from all types of school. You may see something you like!
- Contact colleges that interest you! Email or call schools 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.
- 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/10thgrade.php>
- <https://dese.mo.gov/college-career-readiness/career-education>
- <http://www.ccrscenter.org/>