

# 9<sup>th</sup> and 10<sup>th</sup> Grade Checklist

## Students

<input type="checkbox"/>	Review and revise your goals and set new ones. (You will do this at the beginning of the year with your TRIO Advisor when filling out your needs assessment).
<input type="checkbox"/>	Create a four-year high school plan with your TRIO advisor (including classes you want to take and activities you want to do).
<input type="checkbox"/>	Focus on your GPA and take a rigorous curriculum ( <b>4 years English, 4 years Math, 3 years Science, 3 years Social Studies, 2 years Foreign Language</b> ). Remember that your GPA is a good indicator of how successful you will be in college. Colleges look at this number to determine if you can handle their academic load.
<input type="checkbox"/>	Talk to the school counselor that is assigned to work with you and/or your TRIO advisor about your class options in high school and make sure you are on the right track for college acceptance.
<input type="checkbox"/>	Start thinking about your life after school including your interests and what types of jobs those might lead to. <ul style="list-style-type: none"> <li><input type="checkbox"/> Take personality/interest inventory tests (<a href="http://collegeincolorado.org/Career_Planning">collegeincolorado.org/Career_Planning</a>).</li> <li><input type="checkbox"/> Research jobs that sound interesting and talk to people about their jobs. The TRIO Summer Academy will include exposure to careers as well as job shadow opportunities.</li> </ul>
<input type="checkbox"/>	Attend college and career fairs and do your own research to explore the colleges, majors, and careers that interest you. Start a list of colleges, majors, and careers to consider.
<input type="checkbox"/>	Participate in any extracurricular activities and volunteer opportunities that might interest you and will help you build a strong resume for applying to college. By 10 <sup>th</sup> grade narrow your activities to two or three that you'll do throughout high school and may pursue in college. Try to find a few that you can devote a lot of time to that will help you stand out as a college candidate. Carry those activities into the summer if possible.
<input type="checkbox"/>	Create and keep a college file! Make sure you include records of all activities, volunteer work, programs, classes, awards, and traveling that you do in high school. Use this file to work on putting together a college resume. Also use this to keep accurate files with information about colleges, scholarships and national exams.
<input type="checkbox"/>	Register for and take the PSAT and the PLAN (pre-ACT) Tests to help you prepare yourself for the ACT and SAT. (Ask your TRIO Advisor for help).
<input type="checkbox"/>	Attend Test Prep sessions and participate in Test Prep on your own for the PSAT, SAT and ACT (Comfit practice tests). Register for and take the ACT during your <b>second semester Sophomore Year</b> for a head start.
<input type="checkbox"/>	Explore summer opportunities and plan on attending the <b>TRIO Summer Academy!</b> Look for jobs, internships, camps, volunteer opportunities and anything else that might interest you and help you towards your college and career interests.

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## Parents

<input type="checkbox"/>	Monitor your student's academic progress. Get your student's school login and aim to check their grades online weekly. Use this as an opportunity to help your student identify classes they may need help in before those classes become a problem. Then communicate any concerns to your TRIO advisor. Don't assume someone will call you if there's a problem.
<input type="checkbox"/>	Check in regularly with your student about the progress they are making on their TRIO student checklist. Ask them about what they are working on with their TRIO advisor.
<input type="checkbox"/>	Provide encouragement and support, and make sure that your child understands that grades are very important.
<input type="checkbox"/>	Realize that it is your <b>student's responsibility</b> to get homework done, prepare for tests, and follow school rules.
<input type="checkbox"/>	Encourage involvement in activities outside of school, but limit the number of activities because colleges are looking for <b>quality</b> , not quantity. Also make sure a student job does not interfere with school.
<input type="checkbox"/>	Help your student select appropriate courses (rigorous curriculum, see student checklist for details). Talk with your student's TRIO advisor and/or their school counselor about what classes your student should take in order to be on track for college acceptance and success.
<input type="checkbox"/>	Explore and discuss college and career options. Talk with your student regularly about their plans after high school.
<input type="checkbox"/>	Stay in contact with your student's TRIO advisor and make sure your student attends TRIO activities and mandatory meetings throughout the year. Be sure to contact TRIO if you need help with transportation.
<input type="checkbox"/>	Help your student create and maintain a file of all of their activities, volunteer work, programs, classes, awards, and traveling,. Use this file to help your student with his/her resume.
<input type="checkbox"/>	Expect your student to be in school, on time, every day. Not only will this help your student have the best chance for success in high school but it will also help them create and maintain this habit for when they go to college.
<input type="checkbox"/>	Attend open houses and parent conferences.
<input type="checkbox"/>	Limit your student's screen time. The American Academy of Pediatrics recommends that children watch no more than 1-2 hours of quality programming on TV per day. Encourage your student to watch less TV and instead participate in other activities such as riding bikes, doing something creative, or reading. If possible, try to do these activities with your student!