

Freshman Year To-Do List (preparing for college)

STUDENTS	PARENTS
<ul style="list-style-type: none"> <input type="checkbox"/> Attend all TRiO meetings – we are here to help you stay on track for college. Communicate with your TRiO Advisor regularly and keep us updated about your plans/interests, and anything you need help with. <input type="checkbox"/> Focus on your GPA! Now is the time to set the tone for your high school GPA. By the time you are a senior it is too late to change your GPA much. Set goals with your TRiO advisor at the beginning of each semester. <input type="checkbox"/> Study for PSAT, SAT, and/or ACT (See your TRiO advisor for resources). The best thing you can do right now to prepare is to pay attention and do well in your classes. <input type="checkbox"/> Take a *rigorous curriculum (4 years English, 4 years Math, 3 years Science, 3 years Social Studies, 2 years foreign Language). <input type="checkbox"/> Narrow your activities to two or three that you'll do throughout high school. Colleges are looking for quality not quantity! <input type="checkbox"/> Be mindful of the relationships you have with counselors, administrators, teachers, and other adults in your life. Remember – you will be asking some of these people for letters of recommendation Senior year. Get to know teachers so they get to know you. Create positive relationships. 	<ul style="list-style-type: none"> <input type="checkbox"/> Monitor your student's academic progress. Help your student set realistic academic goals and make sure that you see all progress reports and report cards. <i>Don't assume someone will call you if there's a problem.</i> <input type="checkbox"/> Provide encouragement and support, and make sure that your child understands that sophomore grades are very important. <input type="checkbox"/> Realize that it is your student's responsibility to get homework done, prepare for tests, and follow school rules. <input type="checkbox"/> Encourage involvement in activities outside of school, but limit number of activities because colleges are looking for quality, not quantity. <input type="checkbox"/> Help your student select appropriate courses (rigorous curriculum- see highlighted info in left column) <input type="checkbox"/> Explore and discuss college options <input type="checkbox"/> Stay in contact with your student's UB advisor and make sure your student attends UB activities throughout the year. <input type="checkbox"/> Help your student create and maintain portfolio of activities. <input type="checkbox"/> Help your student with his/her resume. <input type="checkbox"/> Expect your student to be in school, on time, every day. <input type="checkbox"/> Attend open houses and parent conferences <input type="checkbox"/> Limit your student's screen time. Also, make sure a student job does not interfere with school.

Ask counselors and teachers to keep you informed of any special programs or extracurricular activities that are available.

Visit the websites of some of your ‘dream’ colleges. . Work with your TRiO Advisor to see if they may be a good fit based on your interests, GPA, and other factors such as size and location. What do you need to do in high school to make yourself a good candidate for these colleges?

Take personality/interest inventory tests to help identify your interests (collegeincolorado.org/Career Planning websites)

Keep a portfolio! You can have a physical file as well as an electronic one with records/documentation (pictures, videos, etc.) of activities, volunteer work, programs, classes, and traveling. Keep any assignments, papers, projects, etc. that you are particularly proud of.

Update/create a resume – your TRiO advisor can help

Think about careers! Talk to people about their jobs. UB Summer Academy will include internships during your Junior year.

Get out and volunteer! Try to arrange to do something that is related to your interests. Ask your TRiO Advisor for help.

Create a professional sounding email that you will keep for all college communications. Create folders to keep emails organized. Create resume and update as needed

Plan your summer. Attend UB Summer Academy June 1-July 15.

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