

Sophomore Year To-Do List (preparing for college)

STUDENTS	PARENTS
<ul style="list-style-type: none"> <input type="checkbox"/> Attend all UB meetings – we are here to help you stay on track for college. Communicate with your UB Advisor regularly and keep us updated about your plans/interests, and anything you need help with. <input type="checkbox"/> Focus on your GPA! Review and revise your goals and set new ones (you will do this at the beginning of the year with your UB advisor). Your grades continue to be a very important factor in the college admissions process! <input type="checkbox"/> Register for PSAT, SAT and/or ACT <input type="checkbox"/> Study for PSAT, SAT, and/or ACT (See your UB advisor for resources) <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. <input type="checkbox"/> Ask counselors and teachers to keep you informed of any special programs or extracurricular activities that are available. <input type="checkbox"/> Start a list of colleges to consider. Work with your UB Advisor to find colleges that may be a good fit based on 	<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.

your interests, GPA, and other factors such as size and location.

- Take personality/interest inventory tests to help identify your interests (collegeincolorado.org/Career Planning websites)
- Keep a portfolio! Keep records/documentation (pictures, videos, etc.) of activities, volunteer work, programs, classes, and traveling. Also keep any assignments, papers, projects, etc. that you are particularly proud of.
- Update/create a resume – your UB 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 UB 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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