

Sophomore Checklist

August

- Attend registration with a parent/guardian and submit all registration forms online.

All year

- Read, read, read!
- Develop strong academic, language, mathematics and critical thinking skills by taking courses that challenge you.
- Grades matter every year—even sophomore year. Review grades in PowerSchool and in Canvas.
- Develop good study habits – utilize your learning style to help you be most successful in your coursework.
- Take advantage of every opportunity to participate in enrichment and/or leadership activities.
- Volunteer for community service. Visit the Counseling & Career Center for more information.
- Update your resume of high school experiences (i.e. awards, leadership, activities, etc.). Be sure to include volunteer and/or work experience you completed during the summer.
- Establish time management skills.
- Participate in a job shadow. Stop in the Counseling and Career Center for more information.
- Keep a journal of experiences that have been particularly meaningful to you and might become the subject of your college essays.
- Develop personal goals.

September & October

- Review your grades from your freshman year; make a commitment to improve your g.p.a. and consult with your school counselor on a plan of study.
- Sustain participation in extra-curricular activities. Try leadership roles or new experiences. Don't spread yourself too thin...pick clubs, organizations, and/or sports you are interested in and are able to commit to the time involvement.
- Start exploring post-secondary websites. Gather information about potential training programs and post-secondary institutions.
- Consider taking the PSAT if you are in accelerated courses; this is a practice test for the SAT. The PSAT taken during junior year is the qualifying exam for the National Merit Scholarship Program. Taking it as a sophomore will give you an idea of what the format is like.
- Review your grades, if you are not passing your courses, visit with your teacher for ideas to improve your grades. Ask for assistance early and often, if needed. Lists of academic resources are available in the Counseling and Career Center or make an appointment with your school counselor to discuss additional options.

November & December

- Use the Counseling and Career Center resources to explore post-secondary and career options.
- Continue to use the RUPReady computer program and update your Career Portfolio.
- Review your report card; visit with teachers for ideas to improve your grades. See your counselor for additional strategies.
- Participate in Career Day (during even years during spring semester).
- If taking AP European History, sign up to take the May AP test.

January & February

- Review your grades after first semester, are they what you wanted to earn? If not, assess your study habits and visit with your school counselor for help in improving it.
- When registering for your junior classes choose academically challenging courses.
- Visit with your parents/guardians about your class selections for your junior year.
- Register for elective classes that allow you to explore your interests.
- Consult with your school counselor during the registration process to update your plan of study and to discuss career and post-secondary goals.

March & April

- Find out about the summer activities, jobs, or volunteer opportunities that will expand your experience and skills.
- Review your grades and visit with your teacher for ideas to improve your grades.
- Talk with college students or recent college graduates who you know and ask about their post-secondary experiences.
- Continue researching and thinking about possible college majors and career options that will help you to achieve your goals.

May

- Register for summer school if you are behind on credits or need to retake a core course. See your school counselor for assistance.
- Consider getting a summer job to explore your career interests.
- If you need help to improve your “Job Seeking & Keeping Skills” visit the Career Center.
- Expand your experiences in the summer by participating in special programs (i.e. camps, internships, job shadows, etc.), volunteering, traveling or working.
- Begin locating sources of financial aid, particularly scholarships.
- Add to your college savings fund. Consider college expenses beyond tuition so you have a realistic idea of the support you will need. Begin to look at colleges that offer considerable scholarships and/or grants. Some awards are based on academic performance and others are based on financial need.
- Continue to build your vocabulary and expand your knowledge by reading over the summer.