

## **Action Plan: High School Freshman and Sophomores**

### Freshman and Sophomore Year

- \_\_\_ Enroll in a college preparatory curriculum.
- \_\_\_ Make A's and B's for Grades - From now on your grades will count toward college and will appear on your permanent record.
- \_\_\_ Start an address book and journal to keep track of important people like your coaches, teachers, school, jobs and friend's addresses including e-mail.
- \_\_\_ Start a journal to keep track of important dates of your activities, jobs and awards.
- \_\_\_ When possible, write papers, do projects, etc. about your future, college or other types of education.
- \_\_\_ Enter essay or speech contests, science fairs/contests for scholarships and awards.
- \_\_\_ Attend a summer camp related to your interests.
- \_\_\_ Learn to play a musical instrument or tackle an art medium, sing in a choir or act in a play.
- \_\_\_ Participate in recreational or competitive sports.
- \_\_\_ Get involved in extracurricular activities, ex. Theatre, Student Council, BPA.
- \_\_\_ Volunteer in your community.
- \_\_\_ Explore careers and jobs in those careers using the Internet, especially:
  - \_\_\_ AKCIS – [www.akcis.org](http://www.akcis.org) Username: [wasillahs](mailto:wasillahs), Password: [4akcis](#) or Occupational Outlook Handbook ([www.bls.gov/oco](http://www.bls.gov/oco))
- \_\_\_ Start to attend events on college campuses (plays, concerts, sports, activities related to your major, etc.).
- \_\_\_ Get to know your high school counselor (the College or Senior Counselor) and let them get to know you, your goals, career aspirations, and schools you are considering. Take your parents along too.
- \_\_\_ Talk to your friends about what they plan to do after high school. Talk to your parents and your friends' parents about what they do.

### Sophomore Year

- \_\_\_ Check your transcript and make sure you are taking classes toward your future.
- \_\_\_ Take the PSAT Test (Fall) as a practice for when it really counts, next year.
- \_\_\_ Use the Internet and start looking at colleges through their web sites, read their blogs, sign up for their Podcasts, YouTube site, I-Tunes University site, etc.
- \_\_\_ Start attending college and career fairs in your area.
- \_\_\_ Get a job even a more traditional one like babysitting, or cutting grass. If possible, get a job related to your potential major.
- \_\_\_ Volunteer in your community. Keep a journal of your activities and dates.
- \_\_\_ "Job shadow" someone (follow them around for a day) who does what you think you'd like to do. Ask your parents or counselor how you might go about this.