

9TH

FRESHMAN YEAR CHECKLIST



FALL - WINTER

COLLEGE PLANNING

- Meet with your high school counselor to understand what their role is in supporting you through your high school career. Start building a relationship with them by visiting them regularly.
- Learn the high school graduation requirements.
- Discuss your academic/career plans and personal and academic goals. (This can be done with personality lessons/interest inventories, etc.)
- Visit the college/career center. Become familiar with your CCIC and how they can support you throughout your high school career.
- Identify your interests and skills to help you focus on your goals
- Take the PSAT, if available at your school.

EXTRACURRICULAR ACTIVITIES

- Explore and engage with extracurricular activities (e.g., clubs, sports, community service, fine and performing arts, work, and other in-or-out-of-school activities) that align with your values and strengths.
- Create an activity log to track all your extracurricular activities, summer experiences, academic honors, and other achievements.
- Volunteer for something you find important to earn SSL hours.

SPRING

ACADEMICS

- Refocus your study habits and finish the year strong.
- Keep up your grades – colleges look at your grade point average (GPA).
- Set your sophomore class schedule with your counselor to include honors, Advanced Placement (AP) and International Baccalaureate (IB) classes. Remember to make this a manageable goal that is realistic.
- Create a four year academic plan with your counselor.

CAREER EXPLORATION

- Take a [career interest](#) survey to determine your strengths and career field interests.
- Explore the programs at [Thomas Edison High School of Technology](#) and [Seneca Valley High School](#) to see if any match your career interests
- Start searching for summer program (e.g., academic, work, travel, volunteer, camps).
- Spend a day at work with a family member, friend, or community member and learn about their job.
- Attend career fairs or career day at your school or in your community.
- Meet with your career coach to take RIASEC and help you better understand your interests, values, and skills, and how they relate to potential career paths.

SPRING (CONT.)

COLLEGE EXPLORATION

- Attend local college fairs in your area or at your school.
- Talk to current college students about their path to college and career life.
- Try virtual campus tours (<https://campustours.com>; www.youvisit.com; www.ecampustours.com).

SUMMER

PREPARE FOR SUMMER

- Plan a summer experience that helps you explore a passion or interest.
- Participate in an enrichment program that extends your knowledge.
- Get a job – many important skills are developed in work environments.
- Volunteer with an organization you find interesting.
- Apply for a service learning program.
- Prepare for sophomore year by doing summer reading and any additional prep needed for courses over the summer.
- Visit a college or university campus.
- Summer reading: Expand your vocabulary and your world.

MONEY MANAGEMENT

- Open a bank or credit union account and save money for college.
- Take a [financial education course online](#).
- Talk to your parents or guardians about a college savings plan.

LINKS

CAREER EXPLORATION

- Career Interest
 - [https://montgomerycollege.lightcastcc.com/assessment?region=Rockville,%20MD&radius=\)](https://montgomerycollege.lightcastcc.com/assessment?region=Rockville,%20MD&radius=)
- Thomas Edison High School of Technology
 - <https://www2.montgomeryschoolsmd.org/schools/edison/about/>.
- Seneca Valley High School
 - <https://www.montgomeryschoolsmd.org/schools/senecavalleyhs/career-programs/?usp=sharing>

MONEY MANAGEMENT

- Financial Education Course Online
 - <https://www.fdic.gov/consumer-resource-center/money-smart-young-people#9-12>

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