

# Checklist



## Junior Year – 11<sup>th</sup> Grade

### FALL

- Register and/or take PSAT or SAT, ACT
- High PSAT scores might qualify you for National Merit Scholarships. To qualify, you must have excellent grades, high SAT scores and a recommendation from your school
- Begin meeting with college representatives as they visit your school
- Meet with counselor to create testing plan and develop a list of colleges for your academic and personal match
- Meet with coach for a realistic athletic evaluation which college level should you target?
- Ask coaches for assistance in the recruiting process
- Send letter of interest and resume to college coaches
- Attend local High School / College Fairs
- Take class trip or individual trips to local college campuses
- **Recognize that this is arguably the most important year of your high school career.**
- Set your academic and athletic goals high this year. Colleges often put a heavy emphasis on junior year grades
- Continue with your best performance course work and ensure that it exceeds minimum NCAA requirements
- Be prepared to put in extra study time
- Participate on high school athletic teams JV or varsity
- Participate in off school season programs in your sport
- Keep record of ALL academic and athletic achievements and statistics and update resume
- Organize filing system and follow up plan/information to track colleges that respond to your inquiries
- Compare your grade point average with these scores and the NCAA qualifier index
- Begin research on colleges you have interest in. Include academic standards, majors, athletics, social, size, location, etc. Involve parents, counselors, coaches
- Make unofficial visits to the schools that interest you

### WINTER

- Plan your spring calendar for all the college entrance testing you will need to complete. You can get these important dates on page two of this report.
- Check your school calendar for spring holidays and plan to visit some of the colleges you are considering applying to with your parents.
- Read carefully through any literature you may receive from colleges.
- Consider attending a summer pre-college program or look into getting a part-time job.
- Plan your schedule for next semester to allow for plenty of studying time. If you plan to take any advanced placement courses or tests, remember that April and early May are critical study months.
- Evaluate your PSAT results.
- Register and prepare for ACT, SAT



- This is a good time to look for options for student aid. Remember, if you won't qualify for need-based assistance then private scholarships are a good resource to explore. They are best found through your school's Guidance Counseling Department, [www.collegeboard.com](http://www.collegeboard.com) and [www.fastweb.monster.com](http://www.fastweb.monster.com) and the sooner one begins looking, the better the chances of receiving. If your student is particularly industrious and has excellent grades, it's possible to come up with enough money to pay for a substantial amount of college costs.
- Also, now is the time to prepare for the SAT I: Reasoning Test. The College Board website ([www.collegeboard.com](http://www.collegeboard.com)) has practice tests and other tools to improve scores.

## MARCH

- Retake tests if scores are not where they need to be
- Begin individual and family conferences with counselor to create a list of colleges to be researched by student
- Update your player profile/resume and send to coaches with an appropriate cover letter
- Visit college campuses while on Spring Break
- Taking challenging and rigorous high school courses is the best long-term test preparation for the ACT and SAT. Here are additional college entrance exam test preparation possibilities:
  - **Books**  
Most bookstores and libraries carry books to assist you with practice problems and questions for the ACT and SAT.
  - **Computer Software**  
If you enjoy the interactive nature of computers, then you may prefer test preparation software.
  - **Internet**  
Check out the College Board's SAT Question of the Day [www.collegeboard.com/apps/qotd/question](http://www.collegeboard.com/apps/qotd/question) Also, Thomson-Peterson's **Word of the Day**, [www.petersons.com/testprep/word\\_of\\_the\\_day.asp](http://www.petersons.com/testprep/word_of_the_day.asp)
  - **Classes**  
If you prefer classroom instruction, you may prefer test preparation classes. Check with your high school counselor for classes in your community.

## MAY

- Update your Spring high school season statistics and follow up with interested college coaches
- Update and send your player profile and/or resume

### Consider these factors as you choose your senior year classes:

- Review your list of prospective colleges. What courses are listed as "required"?
- Choose solid academic classes. (English, math, science, and foreign languages.)
- Colleges look closely at the list of courses taken during the senior year. Admissions representatives look for students with strong academic preparation for college.