

Checklist



Sophomore Year – 10th Grade

Hints for doing well on semester exams:

- Plan to get a good night's rest.
- Eat a good breakfast.
- Listen carefully to your teacher's instructions before you begin.
- Read all directions and questions carefully. If you do not understand the directions, ask for help. An explanation of the instructions can help.
- Budget your time carefully.
- Answer questions you know first, and answer sections that are worth the most points first.
- On multiple choice questions, try figuring out the answer before you look at the choices.
- On essay questions, make sure you answer the question being asked. Use good supporting statements. Quality is more important than quantity.

WINTER

- Challenge yourself. You want to choose the most difficult classes you can handle, but you also want to do well. Your teachers and counselor can assist you.
- Courses in English, math, science and foreign languages look good on a college application.
- Find elective courses that will allow you to further your interests.
- If you already have some colleges in mind, review the list of courses that the colleges say are required for a student to be considered for admission.
- Talk to older students about the classes that they have found beneficial.
- Participate on high school athletic teams JV or varsity
- Participate in off school season programs in your sport
- Keep a record of ALL your academic and athletic achievements and statistics, and update your resume
- Apply for a social security number if you don't already have one college applications will require it
- Continue progressing toward completion of your academic courses as required by the NCAA.
- Work to meet your best potential
- Begin considering future careers you may be interested in
- Work with your counselor to determine appropriate majors/courses to best prepare you for such careers
- Take PSAT and PLAN
- Evaluate your test scores and seek assistance in areas of weakness



SPRING

- Start collecting newspaper and magazine articles about colleges and the admission process.
- Look for charts and graphs that illustrate college and financial aid information.
- Clip out articles about "hot" jobs and future career needs.
- Investigate the courses and education required for emerging careers.
- Start a file for all materials that you collect.
- Update your player profile/resume and send to coaches with an appropriate cover letter. Make sure you include your most recent end-of-season statistics. Send letters to the colleges that are most interested in you, as well as, those you are most interested in attending. Provide college coaches information about your athletic and academic plans for the summer. As we stress throughout the school year, it is extremely important that you separate yourself from other student athletes competing for the same roster spot and scholarships at the schools you want to attend. Certainly your playing statistics will help, but if everything is equal on the field, the player who displays the most professional follow up skills will shine over the player who has none. Colleges love to recruit well-rounded student athletes. Therefore, prove to the coach that you are both talented on the field and organized and disciplined off the field. Send your letters and emails out NOW! And don't always take the easier email route. Mix up your communications by sending some emails as well as some hard copy letters. Coaches are busy and often receive hundreds of emails each day. Sometimes, hard copy letters get more visibility than emails. Many colleges end their spring semester s over the next couple of weeks, so it's important that you make contact with coaches before they take a few days R&R between the end of their own season and the beginning of their summer recruiting season.
- Remember, as we've been mentioning over the last few months, as far as the college search process is concerned, the next three or four months will probably be the most important period of your high school career. If you have already narrowed your college choices, you are ahead of the game! However, the fact is that most junior students are only now beginning to think seriously about college.
- Visit college campuses while on Spring Break
- Explore Summer opportunities

Factors to consider as you make your course choices for your Junior year:

- Select classes that are both challenging and appropriate. You want to choose the most difficult classes applicable.
- Select elective classes that you enhance your interests.
- Talk to others regarding classes that would be of interest.

Suggestions for Summer:

- Look for jobs that are available like lawn maintenance and babysitting.
- Look for volunteer positions. Check with Surf Soccer for camps, field and other volunteer options. Also check out your local hospitals, nursing homes, animal shelters, community service, church, etc.
- Remember you need to start differentiating yourself from other players.