



SOPHOMORE YEAR CHECKLIST

As your child settles into the high school experience, it's a great time for them to take on new challenges. It's also not too early to explore colleges, college majors and career goals. Use the list below to help make 10th grade count.

Summer Before Sophomore Year

- Visit a college campus together. It's a great way to get your 10th-grader excited about college. Learn more about how you and your child can prepare for a campus visit.
- Get the facts about what college costs. You may be surprised by how affordable higher education can be. Start by reading *Understanding College Costs*.
- Help your sophomore explore career ideas. They can make a list of interests, talents and favorite activities and start matching them with occupations. Learn how to use exercises like these to make a career worksheet.
- Come up with fun reading ideas. Look for magazines or newspapers your child may like and talk about the books you loved reading when you were in high school. If your family makes reading enjoyable, it can become a daily habit.

Fall

- Make sure your child meets with the school counselor. Your sophomore should schedule a meeting to talk about college and career options and to make sure they are taking the most-appropriate classes.
- Encourage your child to set goals for the school year. Working toward specific goals helps your high schooler stay motivated and focused.
- Make a plan to check in regularly about schoolwork. If you keep up with your child's tests, papers and homework assignments, you can celebrate successes and head off problems as a team. Get homework tips for your sophomore. Download the PowerSchool app. District code: **LWRG**. **GPA and attendance matter.**
- Talk about extracurricular activities. Getting involved in clubs and other groups is a great way for your child to identify interests and feel more engaged in school. Read more about the benefits of extracurriculars.
- Help your 10th-grader get ready to take the PSAT/NMSQT. Taking the test this fall can help your child prepare for the SAT and get on track for college. Sophomores can also use their score reports to figure out which academic areas they need to work on. Learn more about the PSAT/NMSQT.

Winter

- Explore military options by visiting your local military recruitment offices with your child. Options include Air Force, Army, Coast Guard, Marines and Navy. Start by viewing todaysmilitary.com.
- Review PSAT 10 or PSAT/NMSQT results together. Log in to the student score reporting portal with your child to learn what she or he is doing well and which skills your child should work on to get ready for college and career. It will also connect your child to free, personalized SAT study tools; AP courses; and college and career planning resources.
- Start thinking about ways to pay for college. Most families get help paying for college costs. Read *7 Things You Need to Know About Financial Aid* to learn more.
- Encourage your sophomore to consider taking SAT Subject Tests. Many colleges require or recommend taking these tests to get a sense of your child's skills in a certain academic area. In general, it's best to take a Subject Test right after taking the relevant course. Learn more about SAT Subject Tests.
- Discuss next year's classes. Make sure your child will be challenging themselves and taking the courses college/military admission officers expect to see. Learn more about the high school classes that colleges/military look for.

Spring

- Make a college wish list together. Talk with your 10th-grader about qualities they may want in a college in terms of location, size, majors offered and so on. Check out *How to Find a College That Fits You* to learn more about deciding on college must-haves.
- See how much you need to save for college. Use the College Savings Calculator to get an idea of where you are in terms of your savings goal.
- Help your child make summer plans. Summer is a great time to explore interests and learn new skills — and colleges look for students who pursue meaningful summer activities. Find out five ways your high schooler can stay motivated this summer.