



# Sophomore Year Checklist – College Preparation

Use this checklist to make sure you are doing everything necessary to apply to college and make the most of your sophomore year.

## Fall

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- PSAT** – Sign up to take the Preliminary SAT (*PSAT*) exam in October. This is a practice exam for regular SAT you may have to take in order to apply to college. Taking the PSAT will prepare you for the SAT and allow you to be considered for national scholarships based upon your scores.
- PLAN** – If offered by your high school, the *PLAN* is the practice ACT exam and you can sign up to take it in October. This is the practice exam for regular ACT you may have to take in order to apply to college.
- Continue to be involved** – Stay involved in extracurricular activities. This will help you stay focused in class as well as explore your interests. Remember to keep track of what you participate in on your resume.
- College fairs** – Attend the National College Fair in Seattle in November. Visit [www.nacacnet.org](http://www.nacacnet.org) to learn more about the details. You can learn about hundreds of colleges in one place.

## Winter

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- Talk about your plans** – Meet with your counselor to discuss your college plans. Make sure you share your plans with people who support you.
- Stay focused** – Continue to do well in your courses. Sophomore year grades are important and colleges strongly consider your performance and your growth.

## Spring

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- Junior schedule** – Select your schedule for junior year and make sure that you continue to challenge yourself and take the necessary academic courses for graduation and college.
- AP/IB/Running Start** – Think about taking International Baccalaureate (*IB*), Advanced Placement (*AP*), or Running Start classes during your junior and senior year. This will help you prepare for college and can allow you to earn college credit while in high school.

## Summer (after sophomore year)

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- College visits** – Explore your college options and visit the ones you think you might want to attend. Take a campus tour, visit with the admissions office, and talk with current students – make the most of your time.
- Summer opportunities** – Look for summer activities, such as jobs, internships, or volunteer opportunities.