

## Action Plan: 10th Grade – Preparing for College and Career

It's recommended that you begin talking to your daughters about explore colleges, college majors and career goals during Sophomore Year. Here are some things you can do.

### Key Action Steps for 10<sup>th</sup> Graders to Prepare for College and Career:

- **Help your sophomore explore career ideas.** He or she can make a list of interests, talents and favorite activities and start matching them with occupations.
  - **CollegeMajors101** is a great website for exploring careers and college majors. Here is that web address: [www.collegemajors101.com](http://www.collegemajors101.com)
- **Visit college campus' together.** We recommend that before Junior Year, students have visited at least 2 schools. These visits can be made during Spring Break or over the summer. Many seniors have told us that if they could go back to sophomore year, they would start looking at colleges then...rather than waiting until Junior year.
  - **How do we schedule a Campus Visit?** To schedule college visits, you can get on a college website and go to the Admissions page. Usually you can register for a visit online...or you can call the Office of Admissions.
- **Make a college wish list together. Talk with your 10th-grader about qualities he or she may want in a college in terms of location, size, majors offered and so on.**
- Get the facts about what **college costs**.
- **Look at Admission Requirements** for the schools your daughter is interested in (such as GPA/Test Scores/High School Classes they must take to apply, etc.) You can find this on the Admissions Website of each college.
  - **How do we organize all this information?** Many students have found that creating a spreadsheet is very, very helpful when researching colleges. They can have a running document and update it with new information as they continue their research. **This can make senior year much, much easier!! Research and Organization are major time savors!**
- After seeing what colleges requires, encourage your child to **set goals for the rest of her school year**. Working toward specific goals helps your student stay motivated and focused.
- **Discuss next year's classes.** Make sure your child will be challenging herself, but taking the classes that fit her unique learning level.
- **Review PSAT/NMSQT or PLAN results together.** Your child's score report indicates his or her academic strengths and weaknesses. Review the report together and talk about ways to improve in areas that need attention.
- **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. Finding Balance and not being over-involved, however, is important and something to discuss as well.
- **Help your child make summer plans.** Summer is a great time to explore interests and learn new skills. (Examples: Volunteering, taking an enrichment class, or summer jobs)
- See how much you need to save for college. Use the College Board's College Savings Calculator to get an idea of where you are in terms of your savings goal.
- Start thinking about ways to pay for college. Most families get help paying for college costs through Financial Aid, Scholarships, and grants.