

EMPOWER MY HOOD®

Checklist for Rising High School Sophomores

Guidance

- ☐ Regularly meet with your guidance counselor to discuss your college aspirations and for them to help you meet those goals.
- ☐ Meet with your high school counselor / Be sure to meet with your school counselor to ensure that your course schedule is challenging enough to prepare you for college.

Testing/Essay

- ☐ Take the PSAT/NMSQT® or PSAT™ 10. Depending on your school, you might have the opportunity to take the PSAT/NMSQT in October or the PSAT 10 in February or March.
- ☐ The PSAT/NMSQT provides valuable feedback on your college readiness and a free, personalized plan to help you start getting ready for the SAT and for college. It also allows you to see what areas you need to work on.

Applications

- ☐ Thinking of the U.S. military academy? If so, you should request a precandidate questionnaire

Colleges

- ☐ Research and visit colleges to determine the best fit for you.
- ☐ Attend college fairs and workshops to gather information and ask questions.
- ☐ Email college admissions officers to show interest and ask specific questions about their programs.
- ☐ If you have a “dream” or reach college, now is the time to start preparing for that.
- ☐ Tour college campuses and go to college fairs. Now is the best time to be touring college campuses, now you have tons of free time to start looking at schools to attend. Even if you have no interest in attending the college you are visiting, it will help you learn what to look for in a college.

Long-Term Needs

- ☐ Develop strong interviewing skills through practice and mock interviews.
- ☐ Create a professional resume or “ student brag sheet” and cover letter to use for future college applications and job opportunities.
- ☐ Ensure your high school transcripts are up-to-date and accurate.

- ☐ Participate in school activities or volunteer efforts. Extracurricular activities can help you develop time management skills and enrich your high school experience. Volunteering is important on a college resume and should be a priority.