

## 10th Grade -Your Sophomore Year

- Review and complete the 9<sup>th</sup> Grade Career and College Bound Checklist**
- Meet with your career counselor or school counselor to discuss careers or colleges and their requirements. You need to do this each year. Ask if your school has [ASPIRE](#).
- Take challenging classes in English, mathematics (geometry, if you haven't), science, history, geography, a foreign language, government, civics, economics, and the arts.
- Ask your counselor about postsecondary enrollment options and Advanced Placement (AP) courses. These courses may apply toward college credit or help you place higher on admission tests. A "B" in an advanced class is better than an "A" in a lower class.
- Read, read, and read. Read as many books as possible from a comprehensive reading list. Ask your English or Literature teacher for help in picking books. Read news articles every day to learn about current affairs.
- Stay on track. The classes you take may seem tough, but you can handle them. Get help if you need it. Find out about tutoring available at the school.
- Stay involved in activities outside the classroom.
  - Become involved in community service and other volunteer activities that provide you leadership opportunities.
  - Keep doing the things you enjoy and try something new. How about the school newspaper? Dance? Photography? Sports?
- Continue to keep track of your activities:
  - Student portfolio, resume, and/or activities chart
  - File awards, honors, or letters you receive
  - Record clubs, activities, community service, and paid work
  - Keep track of dates, hours and description of your activities
- Continue to explore your interests and careers you think you might like.
- At the end of the year, think about your goal. Remind yourself and your school counselor that you are building your bridge to a career or college.
- Get a summer job to increase your experience and knowledge.

## Career Bound

- Consider taking the ASVAB Aptitude Test.
- Contact business owners and professionals in your area to inquire about job shadowing opportunities.
- Still thinking about a trade? Begin researching community colleges, career-technical schools, and apprenticeship programs to learn about their fields of training.
- Take advantage of opportunities to visit companies and talk to employees.
- If you are interested in attending a military school, now is the time to start planning and getting information.

## College Bound

- Make a plan for standardized tests
  - Sign up for SAT Practice Question of the Day
  - Take the [PSAT/NMSQT](#). Register early! If you need help paying the registration fee, see your school counselor or ASPIRE mentor about getting a fee waiver.
  - If you took the PSAT, review your results with your counselor or mentor.
  - Consider taking the ASVAB Aptitude Test.
- Visit college campuses in-person or virtually. Read all of the mail and emails you receive from colleges.
- Begin zeroing in on the type of college you would prefer (two-year or four-year, small or large, rural or urban, public or private).
- Review college websites and their academic requirements for admission. If you are interested in attending a military school, now is the time to start planning and getting information.
- Take advantage of opportunities to visit colleges and talk to students.
- Explore [OregonStudentAid.gov](http://OregonStudentAid.gov) to learn about paying for college
- Continue to save money for college.