

Freshman and Sophomore Checklist

- Explore Career Interests
 - www.mynextmove.org
 - Strengths Finders
 - Myers Briggs
- Take High School Seriously
 - Take classes that are challenging.
 - Take classes that are required for college admission.
 - English – 4 years
 - Math – 3 years (Algebra 1, Geometry, Algebra 2)
 - Social Science – 2 years (one year of US History or US History and Government)
 - Lab Science – 2 years (one year biological and one year physical)
 - Foreign Language – 2 years (the same language)
 - Visual and Performing Arts – 1 year (art, dance, theater/drama, or music)
 - Electives – 1 year (chosen from subjects listed above)
 - Study and build good study habits.
 - Work towards an AP or IB course load.
- Take the PSAT to prepare for the SAT.
- Take the PLAN exam to prepare for the ACT.
- Get Involved
 - Join a club at school.
 - Participate in a sport.
 - Join student government.
 - Volunteer in the community.
- Visit a College or University.
- Make a list of your accomplishments, honors, volunteer work, jobs, and extracurricular activity.