

## \*Freshmen

- **Meet with your counselor during the first quarter.** Learn the importance of time management, effective study habits, organizational techniques and adjustment to high school. Set goals for the school year, both academically and socially.
- **Introduction to Naviance**, a college and career web-based program. Students are given access to their individual accounts to help them become more aware of their learning styles and personality traits, which can help guide them in future college and career exploration.
- **Take the 8/9 PSAT in October.** Review your scores and note areas that need improvement. Make a plan to work on those areas.
- **Create a four-year high school plan.** Freshman year grades begin the cumulative GPA for college admissions. Make sure your coursework is on track for any colleges you might be interested in.
- **Find extracurricular activities you enjoy.** Colleges would rather see real involvement in a few activities that mean a lot to you, than a wealth of activities in which you are loosely involved.
- If you think you may be interested in playing sports in college, **research the National Collegiate Athletic Association (NCAA) eligibility requirements** at [www.eligibilitycenter.org](http://www.eligibilitycenter.org). The NCAA requires completion of certain core courses.
- **Start thinking about career ideas.** Talk to people you know about their jobs; identify your passions, interests, and talents; use Naviance to explore career specifics. Volunteering or working part-time can also inspire interests and aptitudes. Look at the majors offered at various colleges to get ideas of career options.
- **Identify resources SBA has to offer**, such as peer tutoring, clubs, SBA Cares, the writing and resource center, teachers, the Counseling Services Department, and many others.
- **Explore scholarships** that are grade level appropriate. It's never too early to start applying!