

## Guidance Information for Sophomore Year

**PSAT (practice SAT test)** is Wednesday, October 14<sup>th</sup>. All sophomores will take the PSAT at school. Make sure your sophomore doesn't schedule any appointments for the morning of the 14<sup>th</sup>.

- With your PSAT results, you will get a code that you can use to access My College QuickStart at collegeboard.com. "With this personalized planning kit, you can prepare for the SAT using a study plan based on your PSAT/NMSQT results and explore lists of suggested colleges, majors, and careers." (from collegeboard.com)
- Check back to your PLAN test taken freshman year. Pay special attention to the career inventory results.
- Continue extracurricular activities. College admissions officers often want to know how you spend your time outside the classroom. This can include sports you play, hobbies you pursue, clubs you are involved in, volunteer or paid work; anything you take part in (on your own initiative) outside of school, they want to hear about it.

Spring of Junior Year is the real SAT.

Juniors will have meetings with their guidance counselor and parents to review all college search and testing information.

Sophomore year is a great time to try out different extra-curricular activities.

You can start researching colleges at collegeboard.com. Take virtual tours at ecampustours.com.

It's never too early to start visiting campuses. Call the admissions office to set up a visit.

Triptocollege.org and learnmoreindiana.org are great websites for Indiana families interested in learning about the college search, financial aid and college prep.

Students will apply to college at the beginning of their senior year. Between now and then, good grades, involvement in school and/or community activities, and making the most of these high school years is what counts!

### **TIME MANAGEMENT**

#### **DO:**

- Use a planning calendar
- Schedule regular study time
- Get organized
- Make a daily "to do" list
- Set goals
- Focus & get enough sleep

#### **DON'T**

- Procrastinate
- Turn on television
- Worry
- forget to remember