**Freshmen Checklist**

*Join Remind for counselor updates*

*Send a text to 81010*

*Text this message: @gowcs2027*

***August- December***

1. Talk with your advisor to understand graduation requirements and diploma types.
2. Be serious about your grades and courses – Your Cumulative GPA begins THIS year!!
3. Become involved with extracurricular interests (clubs, athletics, SGA, etc.). These activities will stand out on a resume.

***January- April***

1. Meet with your advisor for your course selection process. What levels do you want to pursue as a sophomore? What were you recommended for? Re-evaluate what type of effort and commitment is needed to achieve your academic goals.
2. Now that you have a full semester of grades, ask your Guidance Counselors to see your transcript and have them show you how to calculate your GPA. Make sure you understand the importance of your Cumulative GPA for college admissions.
3. Begin studying for the American College Test (ACT) and Scholastic Aptitude Test (SAT) if you plan on going to college.
* 9th grade students will take the PreACT 8/9 their 9th grade year. Studying for this exam isn’t necessary, but students should use this information as a benchmark when preparing for the ACT.
* The SAT is developed by The College Board. SAT score results help assess a student’s academic preparedness for college. Some colleges require SAT scores as an admission requirement. The SAT Reasoning Test includes three parts: Writing, Critical Reading and Math. Students that plan to use the SAT for college admission are encouraged to take the test in the spring of the junior year. Students who are strong verbally often score higher on the SAT than they do the ACT.
* The ACT is a national college admission exam that consists of subject area tests in: English, Mathematics, Reading, and Science Reasoning. The ACT Plus Writing includes the four subject areas plus a 30-minute writing test. The writing measures a student’s skills in planning and writing. Students will be eligible to take the ACT here at WCS in 10th grade.

**Standardized Test Resources**

American College Test (ACT): Learn about test preparation options

 [www.actstudent.org](http://www.act.org)

Scholastic Aptitude Test (SAT): Learn about test preparation options

 [www.sat.collegeboard.org](http://www.sat.collegeboard.org)

1. Start Career Exploration Activities



* Self-Explore

Use any of the following websites to learn about yourself:

<https://www.truity.com/>

[www.humanmetrics.com](http://www.humanmetrics.com/)

[www.keirsey.com](http://www.keirsey.com/)

* Explore Careers with the following websites

[www.onetonline.org](http://www.onetonline.org)

www.careeronestop.org/ExploreCareers/Learn/career-profiles.aspx

[www.bls.gov/k12/sttudents.htm](http://www.bls.gov/k12/sttudents.htm)

www.careeronestop.org/GetMyFuture

<https://www.mynextmove.org/>

* Make Decisions about the future that you desire for yourself

[www.jumpstart.org/reality-check.html](http://www.jumpstart.org/reality-check.html)

[www.my10yearplan.com](http://www.my10yearplan.com/)

[www.collegeboard.org](http://www.collegeboard.org/)

[www.bigfuture.org](http://www.bigfuture.org/)

* Set Goals

[www.my10yearplan.com](http://www.my10yearplan.com/)

[www.collegeboard.org](http://www.collegeboard.org/)

[www.bigfuture.org](http://www.bigfuture.org/)

***May- July***

Have a productive summer, whether it is summer school to make up credits, volunteering or working. These activities help to maintain your current skills, as well as provide new ones. It is suggested that you should take the ACT/SAT the summer after your 9th grade year to get a benchmark.