

Junior Timeline and Checklist

● Fall (September-November)

- Start your junior year off by taking the PSAT/NMSQT test.
- Do Career Assessments in Naviance (Do What You Are and Career Cluster Finder) if you are undecided or wish to confirm your career interest(s).
- If you plan to attend college, start Exploring Colleges. Focus on preferred location, schools by regions, college size, cost and academic specialties. See College and Career Planning Guide for more information https://www.southingtonschools.org/uploaded/faculty/bhosmer@southingtonschoolsorg/School_Counseling/College_and_Career_Planning_2019.pdf
- Focus on classes and grades. Put forth your best effort!

● Winter (December-February)

- Review your Post-Secondary interests (4-year College, 2-year College, Trade School, Military, Employment, etc.).
- If planning to go to college, continue to Explore Colleges (Location, Size, Major/Academic Concentrations, Cost, etc.). Use Naviance to do a College Search and add colleges to "Colleges I'm Thinking About" section. You can also use www.collegeboard.org to search colleges.
- Start to develop a college list of 10 to 20 schools that interest you (Add to Naviance).
- Evaluate each school profile to see if your college list has a range of schools (i.e. safety, target, reach)
- Check to see if your prospective colleges use the Common App website. The Common App is a site where you can use one application to apply to over 900 four-year colleges. This can save significant time. If you are applying to 4 or more colleges that use this site: www.commonapp.org.
- Start a study Plan for the SAT or ACT. Use your personalized Test-Prep help on Khan Academy. www.khanacademy.org.
- Review your extracurricular activities and join clubs, sports or volunteer activities, if needed.
- Check College websites to sign-up for in-person or virtual college fairs, campus tours and specific major programs.
- Course Registration occurs in February. Plan a strong, challenging Senior Year schedule that also includes courses related to your major/career interest and/or other personal interests.
- If you plan on doing a Division 1 or Division 2 Sport in College, please speak with your counselor regarding NCAA eligibility requirements. You will need to register at: <https://web3.ncaa.org/ecwr3/>

● Spring (March-May)

- Meet with your School Counselor to review your post-secondary plans.
- Continue College searches and develop your College list. If you have already completed this step, start refining and narrowing down your college list and check for appropriateness (GPA, Major). The number of colleges needed to explore, or research varies from student to student (Do you want to remain in state, or do you want to expand your choice?).
- Get educated about the admission requirements for colleges on your list and start identifying application deadlines.
- Take the SAT School Day SAT Assessment at SHS in March of 2024.

- o Review your Course selections for Senior Year and make sure it meets admission requirements as well as career/major interest. For example, most 4-year colleges want to see two lab sciences (i.e., Biology, Chemistry) regardless of major.
 - o Identify and start asking Junior Year and possibly Sophomore Year Teachers if they would be willing to write a college letter of recommendation next year.
 - o Contact prospective colleges to schedule in-person or virtual visits and interviews (if college offers interview opportunities).
 - o If posted, prepare for and start your college essay (The Common App posts this by May). May-August is the perfect opportunity to get a head start on your College Essay.
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● Summer (June-August)

- o Work on College Application Essay
 - o If you will be taking additional Summer or Fall SAT testing, sign up at www.collegeboard.org
 - o Prepare for any future SAT dates by practicing for the SAT using Khan Academy www.khanacademy.com and utilizing help on the College Board website www.collegeboard.org.
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- o Explore College Campuses by scheduling College visits.
 - o Review your prospective colleges very carefully and identify the colleges you wish to apply to. Many students will apply to at least 3 to 7 colleges that have been carefully selected by: Major/Academic Program, admission difficulty, cost and location. Fee waivers are available for qualifying students (identified financial hardship or qualifying for select state or federal assistance programs). If your colleges use the Common App, www.commonapp.org, the Common App is open on August 1, 2024 for students to create an account and start filling it out. Please do NOT fill out prior because summer updates could impact your account ability to linking to Naviance in the fall.

Helpful Resources:

SHS School Counseling Post-Secondary Planning Guide:

[College and Career Planning Guide](#)

SHS Post-Secondary Planning website:

<https://www.southingtonschools.org/schools/high-school/southington-high/school-counseling/post-secondary-options>

NCAA Eligibility Center:

<https://web3.ncaa.org/ecwr3/>

NCAA Guide for the College Bound Student Athlete 2023-24:

http://fs.ncaa.org/Docs/eligibility_center/Student_Resources/CBSA.pdf