



Fall Quarterly Update

For 2019-2020 Sophomores

Making School Count

- **Create/update your high school plan.** A high school plan will help make the most of your high school years and maximize your college options. Having a plan involves setting goals and checking progress each semester on academics and activities, college search and applications, and college admissions tests. Ask your student's counselor if your school district offers a four year planning tool to help with course curriculum choices, and visit the Campus Explorer's overview for [College Planning in High School](#) or the College Board's [How to Start Planning for College in 9th Grade](#) to learn more about a four-year plan.
- **How to succeed in AP classes.** College admissions officers will want to see that you challenged yourself academically, and Advanced Placement (AP) classes are one of the best ways to do this. AP classes are more rigorous and move at a faster pace, and can therefore challenge students' organization and time management skills as well as their academic abilities. Here are [5 keys to success in Advanced Placement courses](#).
- **Extracurricular activities – passion, leadership and impact.** When it comes to extracurricular activities, colleges are looking for quality over quantity. While many students find their passion in an organized activity such as music, sports, or established clubs, you can demonstrate the qualities colleges look for in almost any activity you choose! This article discusses [the 3 best extracurricular activities for your college application](#) and offers some ideas on how to develop your passion in ways that will help your college application.
- **Cultivate mentors.** A mentor is someone who can offer practical advice, encouragement, and support to help you navigate your academic or career journey. Parents often fill that role for high school students, but a high school mentor can supplement parental guidance with specialized and complementary knowledge. Here are [3 Individuals to turn to for mentorship](#) during high school and beyond.

Looking Ahead to College

- **Early look at the PSAT.** Many high schools in the area will be offering the PSAT to freshmen and sophomores as well as juniors this fall; other schools may be offering the PSAT-10 specifically for sophomores in January or February. This is a great opportunity to get an early look at college admissions testing. [Learn more about the PSAT here](#) and talk with your school counselor about options for sophomores at your school.

Careers & Majors

- **Explore WOIS – The Career Information System.** Many of our area schools offer access to [WOIS](#) (sounds like "voice" but with a "w"), an excellent resource to learn about careers, explore educational programs, and discover schools and colleges. Talk to your school's Career Center about this and other career information options that can help you to explore some early career directions.

Finding Colleges for You

- **Get to know some colleges.** Searching for colleges may seem daunting, but taking a first few steps will remove much of the mystery. Pick a few colleges you've heard of and go online to learn more about them. Look up the profile of their most recently-admitted class (size, GPA ranges, test scores, diversity). Learn about tuition and housing costs, and what students pay. Take a virtual tour. And, read about campus and community life. The College Board's [College Search tool](#) will help you get started.
- **Attend a college fair.** College fairs are an efficient way to explore colleges and talk informally with admissions representatives. [National College Fairs in the Pacific Northwest](#) are offered in late October and early November this year (scroll down to find Fall college fairs in Washington and Oregon). The [Portland National College Fair](#) will be held October 27-28, [Seattle's National College Fair](#) will be held on November 1-2, and [Spokane's National College Fair](#) will be held November 5. All are free to the public.
- **Pacific Northwest College Fair.** The Pacific Northwest College Fair featuring regional colleges along with military and other post-secondary training options will be in high schools across the Tri-Cities during the week of **October 21-26** (see our calendar for a list of school fairs).

Paying for College

- **A financial perspective on paying for college.** Many families don't discuss money when searching for colleges. The Wall Street Journal says this is a mistake – read their suggestions on [questions families need to ask about paying for college](#).

Mark Your Calendar!

- **October 16, 2019, 6:00pm – Finding your perfect college.** *Sage College Prep Services* is partnering with Gesa Credit Union to present the second of a 4-part seminar series on college planning. The next two seminars will be on **November 6** (Assembling a Successful College Application) and **December 4** (Paying for College). The seminars are free and open to the community, but space is limited – [use this link to register](#), scroll to the Sage seminar, and click the registration button to sign up.
- **October 22-26, 2019 Northwest Region College & Career Expo.** Representatives from multiple colleges, the military, and other post-secondary careers will be available for informal conversations with students and families at high schools throughout the Tri-Cities on this schedule: Chiawana (10/21 8am-2pm and 6-8pm), Kennewick (10/22 7:30am-2:30pm), Richland (10/22, 6-8pm), Southridge (10/23 in the morning), Hanford (10/23, 6-8pm), Kamiakin (10/24, 8am-1:30pm), Pasco (10/24, 5-7pm), and Delta (10/25 in the morning), culminating in a final College Fair on Saturday, October 26, 12-3pm at Chiawana.
- **October 27-28, 2019 – Portland National College Fair.** [Portland's National College Fair](#) offers a free weekend option for those who can't attend the fair in Spokane on November 5.
- **October 30, 2019, 6-8pm – Planning for College, Part 1.** Cathy McMeeken, McMeeken College Consulting, will present livestream on "7 Top Myths in College Admission" and Rich Quadrel, Sage College Prep Services, will present on "Six Key Strategies to Achieve Your Best Score on the SAT or ACT." The session is sponsored by Angie Furubotten-LaRosee, Avea Financial Planning, in

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partnership with Kennewick Community Education, and will be held at Kamiakin High School, Room 440. [Register here](#).

- **November 1, 2019 – End of 1st Quarter for most area schools.** This is a good time for students to check their grades, and consider whether they need to make changes in order to meet their GPA targets.
- **November 1-2, 2019 – Seattle National College Fair.** [Seattle's National College Fair](#) offers another free weekend option.
- **November 5, 2019 – Spokane National College Fair.** The [Spokane National College Fair](#) is free and open to the public!
- **November 6, 2019, 6-8pm – Planning for College, Part 2.** Barak Rosenbloom, Essay Mentors, will present livestream on “Discover 7 Secrets for a Great College Essay” and Rich Quadrel, Sage College Prep Services, will present on “Paying for College: 5 Steps to Take Control.” The session is sponsored by Angie Furubotten-LaRosee, Avea Financial Planning, in partnership with Kennewick Community Education, and will be held at Kamiakin High School, Room 440. [Register here](#).



509.375.5555

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