

10th Grade Checklist

Name: _____

HEALTH

- Exercise – regularly and in moderation (e.g., 30 minutes, 3 or more times a week)
- Eat - regularly scheduled, healthy, balanced, in moderation meals. Hydrate regularly.
- Sleep – get 8 hours of daily, regularly scheduled, and uninterrupted sleep.
- Physical – attend and follow the guidance of annual medical and dental checkups.
- Friendships – make and keep healthy, new, diverse, and meaningful relationships.
- Cognitive – exercise your brain by reading, learning something new, talking to others, etc.
- Emotional – regularly practice healthy habits (e.g., meditation, prayer, yoga, mindfulness, positive affirmations, respectful humor, exercise, sleep, eating, social, spiritual, etc.)
- Spiritual – find, focus on, and practice your meaningful purpose in life.

HIGH SCHOOL

- 3 Keys to Success – consistently show up on time, participate, and do/turn-in the work.
- Participate in your annual College and Career Readiness meeting with your parent.
- 4-Year Plan – Create, modify, and follow your plan for high school graduation.
- Credit Recovery – complete a short-term goal to make up any missing graduation credits.
- Extracurricular – stay academically eligible and participate in a club, sport, volunteer service, work credit, internship, etc.
- Awards & Recognitions -

COLLEGE Readiness

- Take a rigorous but balanced (for you) college prep schedule each year.
- Focus on advanced courses in your core areas of interest.
- Get your best grades. Consider retaking classes you did poorly in for grade improvement.
- Explore colleges that have 1, 2, 4, or more years of schooling to see which ones right for you.
- NCAA eligibility – know and maintain eligibility if you are planning on playing sports in college.

CAREER Readiness

- Career Exploration – discover your interest, skills, aptitudes, and work values. Use free tools like: <https://www.careeronestop.org/>, <https://www.bls.gov/ooh/>, YouScience, etc.
- CTE Pathway Completer – start pursuing a career pathway in high school that is right for you: <https://east.slcschools.org/academics/programs-options/career-and-technical-education-cte>
-

NOTES: _____

