



Post-Secondary Planning

Freshman Year

High School & Beyond—XELLO

Students are required to complete the High School & Beyond requirement each year which is done through XELLO. Below are the standards that need to be met for **Freshman** year. Different activities are added each year, and students must stay on track to graduate. Please see the JHS College & Career Teams page that aligns with your graduation year and click on the High School and Beyond channel for more information. Connect with Mrs. Campbell, mcampbell@lwsd.org, for more information!

- ✓ Getting Experience
- ✓ Building your Resume (custom)
- ✓ Study Skills & Habits

Fall

- ☐ Get to know your High School Counselor in your Freshman meeting. The counseling office is a wonderful resource when considering post-secondary options.
- ☐ Visit the College & Career Center info in Teams. Contact Ms. Swanger with any questions about offerings.
- ☐ Participate in extracurricular activities. Explore your interests in a sport, school club, music or drama group, or community volunteer activity.
 - Remember that colleges want to see real involvement in these activities.
- ☐ Create a four-year high school plan. Think about what you'd like to accomplish in the next four years.
 - Make sure you know which high school courses are required by colleges, and that you're taking the right classes as early as the ninth grade. You can ask your counselor about what those "right" classes are.

Winter

- ☐ Get off to a good start with grades. These grades will impact your GPA through the years.
- ☐ Start thinking about your life after school, including the types of jobs that might interest you. Of course, these interests may change, but it is good to start thinking about possibilities.
 - Identify your interests — likes and dislikes — not just in classes but also in every area.
 - Utilize the Counseling & Career Center, talk to recent graduates, working professionals and individuals in careers that interest you.
- ☐ Consider College Savings: It may seem early, but discussing savings plans with your family now can help you get finances for the future.

Spring/Summer

- ☐ Keep track of academic awards and extracurricular achievements. These will come in handy when asked to highlight your achievements in the future.
- ☐ Start learning about college. Check out college information in the College & Career Center and explore college websites.
- ☐ Explore summer opportunities. Look for a job, internship, or volunteer position that will help you learn about a field of interest and build your credentials.