

FRESHMAN & SOPHOMORE

COLLEGE PLANNING KIT



Classes of 2025 & 2026



Important Dates 2022-23

For College Bound Students

FINANCIAL AID NIGHT

- *Learn about the Free Application for Federal Student Aid (FAFSA)
 - *Understand how this important document affects ALL the components of Financial Aid
 - *College bound seniors and their parents should attend this evening
- When:** Wednesday, September 21st
Where: RHS Media Center
Time: 6 PM

PSAT

Given once a year!

All college bound Juniors sign-up in the Career Center by September 30th by noon
Test Date: Wednesday, October 12
Cost: \$20
All sophomores are pre-scheduled to take the test at no charge

Junior/Senior College Night

Wednesday, October 5th
6 PM in RHS Media Center
Topics to be covered: College Preparation, College Exploration and Selection, Admissions Tests, Financial Aid and Scholarship

Scholarship Workshop

- *Scholarship Search
 - *How to complete excellent applications
- Date: Wednesday, October 19th
Time: 6 PM
Place: RHS Media Center

Freshmen/Sophomore College Night

*Information presented will promote college-preparedness and post-secondary opportunities.
Topics to be covered include: What colleges are looking for, Testing, Grades, Extracurricular Activities, and Pre-College Programs
Date: Wednesday, October 26th
Time: 6 PM
Place: RHS Media Center

Military Careers Night

Informational presentation by the military branches about education, occupations, and career opportunities
Date: Wednesday, November 2
Time: 6 PM
Place: RHS Media Center

SAT Test Dates

2022-23

August 27
October 1
November 5
December 3
March 11*
May 6*

Register online at:
Collegeboard.org
*Recommended for Juniors

For more information about these events or to make an appointment with Career Center Counselor Jim Early, call 541-440-4155 or email him at jearyj@roseburg.k12.or.us

A planning list for parents of ninth- and tenth-graders

It may seem early to start thinking about getting your child ready for college, but it really isn't—important groundwork should take place in ninth and tenth grade. Here's a list to help you make sure your child is on the right track:

Grade 9

1. **Create a four-year high school plan.** Once your child is settled into ninth grade, introduce the idea of preparing an overall plan for high school that relates to his or her goals.
 - Make sure you and your child know what high school courses are required by colleges, and that your child's ninth-grade courses are on the right track.
 - Map out when these courses should be taken.
 - Familiarize yourself with the various levels of courses offered by your child's school.
2. **Start your child thinking about careers.** Encourage your child to develop a tentative career goal. Of course it will change—often—but it's the thought process that counts.
 - Help your child to identify interests—likes and dislikes—not just in academics but in all areas. This will help your child focus on goals.
 - Encourage your child to discuss career options with others, such as the school counselor, teachers, recent college graduates who are working, professionals in the community, etc.
3. **Suggest extracurricular activities.** Encourage your child to actively take part in a sport, school club, music or drama group, or community volunteer activity.
 - Remember that colleges would rather see real involvement in one activity than a loose connection to several activities.
 - If your child may want to play sports in college, research the National College Athletic Association eligibility requirements. The NCAA requires completion of certain core courses; you can find the specifics at www.ncaaclearinghouse.net.
4. **Meet with the school counselor.** The school counselor knows how to help your child get the most out of high school. Make sure your child has an opportunity during the school year to discuss post-high school plans with the school counselor.
 - You should participate in this meeting, too.
5. **Save for college.** It's still not too late to start a college savings plan, if you haven't already. Every little bit helps!
 - Investigate state financial aid programs and 529 plans.
6. **Obtain a social security number for your child if you don't already have one.** This is often required for applications, testing, scholarships, and other opportunities.

A planning list for parents of ninth- and tenth-graders (page 2)

Grade 10

1. **Meet with the school counselor—again.** Make sure your child meets with his or her school counselor to ensure that he or she is enrolled in college-preparatory courses.
 - Check to see that your child is taking any prerequisites to advanced-level junior- and senior-year courses.
2. **Ask if the PSAT/NMSQT® is offered to tenth-graders.** While this test is usually taken in the eleventh grade, it is also often offered in the tenth. That's because it provides invaluable feedback on the Student Score Report; tenth-graders can then work on any disclosed academic weaknesses while there is still ample time to improve them.
3. **Is your child interested in attending a U.S. military academy?** If so, he or she should request a precandidate questionnaire and complete it.
4. **Attend college and career fairs.** These often take place in the fall, at your school, or in your area.
5. **Support your child's participation in a school activity or volunteer effort.** Extracurricular activities help students develop time-management skills and enrich the school experience.
6. **Tour college campuses.** If possible, take advantage of vacation or other family travel opportunities to visit colleges and see what they're like.
 - Even if there is no interest in attending the college you are visiting, it will help your child learn what to look for in a college.

Source: The College Board

Create a solid academic portfolio

Your course schedule may seem like a random selection of classes to you, but college admissions officers see it as the blueprint of your high school education. They're looking for a solid foundation of learning that you can build on in college.

Take at least five solid academic classes every semester. The following subjects and classes are standard fare for success in high school and beyond, whether you plan to attend a four-year, two-year, or technical school.

English (Language Arts)

Take English every year. Traditional courses such as American and English literature help you improve your writing skills, reading comprehension, and vocabulary.

- Literature
- Writing/composition and/or speech

Math

To succeed on college entrance exams, in college math classes, and in most careers, you need algebra and geometry. Take them early on, and you'll be able to enroll in advanced science and math in high school—and you'll show colleges you're ready for higher-level work.

- Algebra I
- Geometry
- Algebra II
- Trigonometry and/or calculus

Science

Science teaches you to think analytically and to apply theories to observations of the natural world. Laboratory classes let you test what you've learned through hands-on work. Six semesters are recommended.

- Biology
- Chemistry and/or physics
- Earth/space sciences, advanced biology, advanced chemistry, or physics

Social Studies

Understand local and world events that are happening now by studying the culture and history that has shaped them. Social sciences round out your core curriculum.

- Two semesters of U.S. history
- One semester of U.S. government
- One semester of economics
- One semester of world history or geography
- One additional semester of these or other areas

Foreign Languages

Solid foreign language study shows colleges you're willing to stretch beyond the basics. Many colleges require at least two years of foreign language study, and some prefer more.

The Arts

Research indicates that students who participate in the arts often do better in school and on standardized tests. The arts help you recognize patterns, discern differences and similarities, and exercise your mind in unique ways, often outside of a traditional classroom setting.

Computer Courses

More and more college courses and jobs require at least a basic knowledge of computers. Computer skills also can help you do research and schoolwork better and faster.

Your first or second year in high school....

It's early, but not too early

While college might be a far distant thought at this point, there are some things that you can do or least think about so that when the time comes, so that you are better prepared. To use a time-appropriate metaphor, college or thoughts of what colleges may like or want should not drive decisions you make now, but it is a good idea to at least let college in the car with you. Keep it in the back seat as something to consider, something to remember or pay at least some attention to, but it should not be what tells you what direction to go.

The following is a list of suggestions appropriate for students and or parents preparing for college. (They are not in any particular order.)

- Turn off the TV, computer, and your phone and **READ, READ, READ!!!**
- Stress wherever and whenever possible the ideas of ownership, taking charge, becoming more independent, and a more effective advocate for oneself.
- Explore and strengthen interests and skills in all areas.
- Explore and strengthen identity
- Find and develop passions – in and out of school, academic and non-academic.
- Sit down with parents and guidance counselor to develop a three/four-year plan for both academic and extracurricular activities. Review and revise the plan regularly.
- Realize that grades **DO** count and colleges **DO** care about your preparation at this level. It is tough to recover fully from a slow start.
- Endeavor to find a healthy balance between outside school commitments, schoolwork, and extracurricular pursuits.
- Develop strong study habits and habits of the mind.
- Develop positive relationships with adults other than parents.
- Make wise use of summertime. Work, internships, academic enrichment, athletic camps are all worth considering, all ways to express your curiosity and motivation outside the classroom.
- Pay attention to what college-bound juniors and seniors are talking about as it relates to the college process.
- Become familiar with resources in the Career Center and on various websites.
- Visit colleges whenever you have the chance. Start getting a feel for what kinds of places might be best for you, what places might feel most comfortable for you. Focus on size, types of programs, balance between work and play, and distance from home, and admissions requirements.
- Start to pay attention to college processes and lingo. Become familiar with college timelines.

With Regard to the Transcript, It's a Simple Matter of Math

The grades you earn throughout high school do matter to colleges. A slow start in high school could hinder your opportunities to apply to some colleges. Many students (and sometimes their parents) don't realize that just earning "good" grades during a student's junior and senior year isn't always enough to raise a student's grade point average (GPA) to meet some college's admissions standards. In the example below, notice how little the overall GPA rises the senior year even though the student gets a perfect GPA for that year.

Ninth Grade

English 9 CP	C
Honors Math 9	D*
Physical Science	C
German 1	C
Fine Arts 1	B
GPA - 2.0	

Tenth Grade

English 10 CP	B
Algebra II	B
Biology	B
German II	B
World History	B
Drafting 1	B
GPA 3.0	Cumulative GPA - 2.54

Eleventh Grade

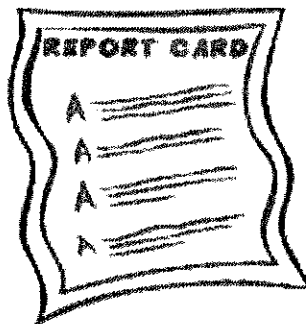
English 11 CP	B
Trig/Functions	B
AP/CC History	A
Chemistry	B
German III	A
Computer Program	B
GPA - 3.3	Cumulative GPA - 2.82

Twelfth Grade

English AP/CC	A
Pre-Calculus	A
AP/CC Economics	A
Physics	A
AP/CC German	A
AP/CC Government	A
GPA - 4.0	Cumulative GPA 3.13

*Note - any core course that a student earns less than a "C" grade in, doesn't count toward meeting most 4-year college admissions requirements.

For this example, grades were assumed to be for the entire year.



Pre-College Programs

Many colleges and universities around the country offer Pre-College programs to high school students during the summers. This can be a great opportunity for high school students to spend time on a college campus and get a feel for what a specific college campus is like and what college might be like generally. Additional benefits include students being able to explore areas that they may not get to during the regular school year and developing a comfort level of being in a college atmosphere.

The programs offered are usually in areas that are of high interest to high school students and are very interactive. For example, Southern Oregon University has offered courses in Claymation/Animation, various classes in Dance/Music/Theatre, Science (including Forensic Science), and Engineering. Some of the programs Oregon State University offers include Newspaper and Yearbook Workshops, Summer Experience in Science and Engineering, and Visual Arts Workshops. Willamette University offers a course called "College 101" that teaches students about the college admissions process in a fun and high energy way.

There are many other programs at many other colleges and universities around the country. Call the Career Center for more information or contact a college to find out if they have a Pre-College program that is right for you.

Getting Involved

Being involved and showing leadership in school and community activities can be important factors into being accepted into select colleges and universities as well as for scholarship selection. Additional benefits of being involved include the student's own personal growth and enrichment, as well as the possibility of benefiting others.

Below are some of the Roseburg High School Clubs:

Bowling	Brain Bowl	Campus Life	Chess Club
FCA	First Class Catering	FBLA	FCCLA
German/GAPP Club	FFA	Interact	Pin Pals
Key Club	Math Club	Skills USA	Spanish Club
Wrestling Pin Pals	Partners Club	Astra	Robotics
Auto Club	Upward Bound	Creative Writing	Battle of the Books

Volunteer Opportunities Outside of Roseburg High School:

Boys & Girls Club	Library	Hospital	Nursing Homes
Wildlife Safari	Special Olympics	Red Cross	VA Medical Center
Animal Shelter	UCAN	Habitat for Humanity	National Park Service