

# 11<sup>th</sup> Grade Checklist

*What you should be doing this year to prepare for your graduation and bright future!*

## FALL

- Take care of your **Social Emotional Health**
- Mindfulness Thursdays with Rose, [East's Therapist](#), [Utah 211](#), [SafeUT](#), [Child Mind Institute](#), [HelpGuide](#), etc.
- Attend your annual individual CCR with your parent/guardian.
- Produce your best attendance, participation, and grades this year.
- Understand your high school graduation requirements and status.
- Signup for and start any credit recovery that you need.
- Register for rigorous career & college prep courses for your senior year.
- Continue to complete CTE Pathway courses (if interested).
- Get involved in extracurricular activities: clubs, sports, etc.
- Continue to investigate careers/occupations.
  
- Look into Apprenticeships (paid on the job training).
- Explore and implement ways to pay for college.
- Continue to save for college and future plans.
- Prepare for the ACT college entrance exam (all 11<sup>th</sup> graders take)
- Prepare for the optional Armed Services Vocational Aptitude Battery
- Signup for East High's Instagram to stay updated!

## Resources/Information

District Website: [SEL Resources](#),  
Invitation email sent to you & your family  
Your own commitment & dedication!  
PowerSchool: Graduation Plan Progress  
See your counselor for options  
East Website: [Course Catalog](#); [12th Offerings](#)  
East Website: [East CTE Pathways](#)  
East Website: [Clubs & Activities](#)  
[YouScience.com](#); [Career One Stop](#)  
[Occupation Outlook Handbook](#);  
[apprenticeship.gov](#); [apprenticeship.utah.gov](#)  
[Fastweb.com](#); [Keys to Success](#)  
[my529.org](#) (Utah's college savings plan)  
[Shmoop.com](#) - FLATTOP (magic word)  
[asvab-prep.com](#) (free)  
"therealeasthigh" Instagram

## WINTER

- Meet with East's Scholarship Coordinator - TBD
- Take the optional ASVAB – *December 20, 8:45 am*
- In-State College Tour for all Juniors – \_\_\_\_\_
- ACT Exam for all Juniors – open window starts *March 7, 2023*
- Ramp up preparation for any AP Tests (if taking them in May).

Signup in the Counseling Center  
Signup in the Counseling Center  
Starts in East's Auditorium  
Signup is in your Language Arts class  
[Utah's Learning Express Library](#)

## SPRING/SUMMER

- Finish up any Credit Recovery so you can be on track to graduate!
- Signup for the NCAA Eligibility Center (if interested in Div I/II sports)
- Estimate potential Federal Student Aid
- Continue searching for colleges that meet your needs.
- Visit potential colleges, apprenticeships, military, etc.
- Get a summer job and save at least half for college and the future.

see your counselor for Summer School  
[ncaa.org/student-athletes/future](#)  
[studentaid.gov/aid-estimator](#)  
[bigfuture.collegeboard.org](#)  
Or do online searches and tours

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