



# School Counseling

## Medford High and Vocational Technical High School Sophomore Year College and Career Planning Checklist

### FALL

- Sign up for the optional PSAT in the first floor guidance office.
- Start your community service for the year (you need 15 hours every year and a total of 60 to graduate).
- Explore your interests and strengths. Meet with Guidance in February to learn about Naviance.
- Attend the college and career fair just to get a feel for what's out there.
- If you need extra help in a subject, ask your teacher which days they are available after school to meet with you. National Honor Society students are available after school in the library, Monday-Thursday from 2:20-3:30 for peer tutoring. Tufts' tutoring is also available.
- Attend Assistant Principal Night.**
- Attend Parent Information Night.**

### WINTER

- Continue to focus on your academics. MCAS are right around the corner.
- If you took the PSAT, locate your scores and create an account at [www.collegeboard.com/quickstart](http://www.collegeboard.com/quickstart).
- Get familiar with a SAT and/or the ACT.
- Ask guidance/SPED about standardized test accommodations, if student has an IEP or 504.
- Complete career interests and strengths inventory on Naviance with guidance.
- Become familiar with College Board, Naviance, college specific website.
- Continue to stay involved in your school and community.
- Attend Parent/Teacher Conference Nights (November).**

### SPRING

- MCAS testing time. ELA MCAS will be given in March. Math MCAS will be given in May.
- Continue to explore your interests through activities, internships, community service, etc.
- Start to think about what you would like to do after graduation (i.e. 4 year university, technical school, military, work, service programs, etc).
- If higher education is your focus, begin thinking about the type of college you would prefer (i.e. large, small, rural, urban, etc.) and start requesting information from these schools.
- If military or service programs are your focus, begin collecting information.
- If entering the workforce is your focus, start creating a professional resume.

- Register for junior year classes. Look through the MHS/MVTHS handbook/course selection book and make sure you are meeting all graduation requirements.
- AP Tests.

## **SUMMER**

- Prepare! Go on a college visit or two. The best way to find out if a school would be a good fit for you is to visit in person. Sign up for college tour on college website.
- Get experience! Find a job, land an internship, or get some community service complete in a field that interests you.
- Let yourself have a little rest and relaxation time; junior year will be here before you know it!