

FRESHMAN & SOPHOMORE

Classes of 2027 & 2028

COLLEGE PLANNING KIT



CAREER CENTER

Preparing for College as a Freshman and Sophomore

Most 9th or 10 grade students are not too concerned with thoughts of college. However, it is important to plant the seed in the back of your mind as life after high school will be here before you know it. Consider the following as you begin your high school career:

- ❖ Explore and strengthen your interests and skills
- ❖ Discover and develop your passions
- ❖ Remember, even now, your grades matter
- ❖ Find a healthy balance between school and extracurriculars
- ❖ Take ownership of your life, become more independent, and be your own advocate. This is a life skill!
- ❖ Be involved, in and out of school
- ❖ Challenge yourself academically
- ❖ Look for opportunities to strengthen your leadership skills
- ❖ Visit college campuses whenever you get the chance
- ❖ Familiarize yourself with college vocabulary
- ❖ Pay attention to those who go before you, what are college bound juniors and seniors doing to prepare?

How do I get involved?

Being involved and showing leadership in school and community activities can be important factors into being accepted into college as well as being awarded scholarships. Below are some of the ways you can get involved at Roseburg High School and in our community.

RHS Clubs

Astra Club (ALTRUSA)	Esports/League of Legends	German Club	Robotics Club
Battle of the Books	Family, Career & Community Leaders of America (FCCLA)	GSA (Gender/Sexuality Alliance)	Roseburg Runners Club
Bowling Club	Fellowship of Christian Athletes (FCA)	Impact Club	Spanish Club
Brain Bowl	Future Business Leaders of America (FBLA)	Interact Club	U Dub (United Way)
Clay Club	FFA National Organization	Key Club	Unified Partners Club
Drama Club		Lego Club	Upward
Dungeons & Dragons		Link Crew	Bound/Educational
Environmental/Green Club		Multicultural Club	Talent Search
Equestrian Club		National Honor Society (NHS)	Yearbook
			Young Life

Community Opportunities

Boys & Girls Club	Special Olympics	Meals on Wheels
Wildlife Safari	UCAN	Nursing Homes
Saving Grace Animal Shelter	Hospital	Habitat for humanity
Library	Red Cross	National Park Service



CAREER CENTER

Important Dates

2024-2025

September 25th Financial Aid Night
RHS Media Center, 6 PM
Special Presenter Nathan Isenhower
Director of Financial Aid at Bushnell University

October 9th Douglas County College Fair
Main Gym, 11:15 AM-1:45 PM

October 16th Day of Testing
ASVAB, PSAT

October 23rd Scholarship Workshop
RHS Media Center, 6 PM
Special Presenter Nomi Pearce
ASPIRE Specialist Office of Student Access & Completion

November 13th Military Careers Night
RHS Media Center, 6 PM



Register at
collegeboard.org

**Aug
24**

Aug 9

**Oct
5**

Sep 20

**Nov
2**

Oct 18

**Dec
7**

Nov 22

**Mar
8**

Feb 21

**May
3**

Apr 18

Visit our website for more information

<https://rhs.roseburg.k12.or.us/about-us/career-center>
or schedule an appointment to meet with us in person by
scanning the QR code



9th & 10th Grade: College Checklist

IT'S A PLAN

Try new things: take a hard class, join a club and explore college and career options.

ACHIEVE

Do your best in school.

Academics are the most important factor in getting into and graduating from college. Build good habits now that will help you be successful.

- Go to all of your classes. Attendance matters!
- Turn in all assignments.
- Find a system that works for you to keep track of class material.
- Use a paper or digital planner to keep track of assignments and deadlines.
- Ask for help from teachers, parents, counselors, and friends.

Take the right classes.

Make sure you have the classes you need to graduate from high school and apply to college.

- Take a full schedule of classes, including math, a second language and electives that interest you.
- Challenge yourself with honors or advanced classes, if available at your school.
- Explore opportunities to earn college credit while in high school.
- Try a hands-on CTE class.

Prepare for college admission tests in the 10th Grade.

Some colleges require or accept admissions tests like the ACT or SAT.

- Take the PSAT 10 or Pre-ACT Secure test.
- Review your scores with your counselor.

ENGAGE

Get involved.

Extracurricular activities give you the chance to explore your interests and make friends. Colleges like to see how you are involved in your school and community.

- Participate in school and community activities. Try something new!
- Volunteer for an organization or cause you care about.
- Make a plan for summer.

Spend time with good people.

Who you hang out with matters. Get a support system of people who want to see you succeed.

- Choose friends that share positive goals and interests.
- Find a mentor – a teacher, counselor, coach, other trusted adult or older student that you can talk to.

Make good choices.

Practice healthy, safe, and kind behaviors.

- Take care of your physical and mental health. Exercise, eat healthy and get enough sleep.
- Be safe online and on your phone.
- Avoid risky behaviors like drinking, doing drugs, and having sex.
- Be kind; treat others with respect.



EXPLORE

Explore college and career options.

You can go to college. There are countless possibilities when it comes to both college and career. Keep your options open as your goals, interests, and preferences change.

- Explore careers that match your interests. Learn what type of education you will need. Consider volunteering or a job shadow to find out more.
- Get to know colleges. Take a virtual tour or if possible, visit a college campus.
- Think about what is most important to you in a college.

Learn about paying for college.

You can afford college. Learn about the costs and how to pay for college.

- Explore what college costs. Estimate what you might pay using a net price calculator.
- Learn about financial aid and other ways to pay for college.
- Set up and regularly contribute to a college savings account.
- Make a list of scholarships and apply to any available to you now.

Get organized and get help.

Knowing how to get to college can be confusing. Get help in reaching your goals.

- Use Oregon Goes To College's templates and resources to help you stay organized.
- Create a file of important documents and a list of activities that you participate in.
- Connect with a counselor, teacher, mentor or program in your school or community.

HELPFUL RESOURCES

Oregon Goes To College

oregongoestocollege.org

Oregon's go-to resource for information about getting ready for education beyond high school. Learn how to prepare, explore, apply, pay and go to college.

OSAC

oregonstudentaid.gov

Learn about Oregon's state financial aid programs including the Oregon Opportunity Grant, Oregon Promise, and OSAC scholarships.

BigFuture

bigfuture.collegeboard.org

Discover how to prepare for college. Find the right college for you — search by location, major, and other criteria.

College Scorecard

collegescorecard.ed.gov

Search and compare colleges across the country with data on cost, graduation rate, and more.



Create a Solid Academic Portfolio

Your course schedule may seem like a random selection of classes to you, but college admission 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

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 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 have 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.

For more college planning tools and guidance, visit BigFuture.org.

Source: The College Board.

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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. Getting good grades your junior and senior year won't raise a GPA as much as you might think. So, it's important to hit the ground running as a freshman.

Ninth Grade

English 9 Honors	C
Algebra 1	D*
Physical Science	C
German 1	C
Fine Arts 1	B
GPA	2.0

Tenth Grade

English 10 Honors	B
Geometry	B
Biology	B
German II	B
World History	B
Drafting 1	B

GPA 3.0

Cumulative GPA 2.54

Eleventh Grade

English 11 Honors	B
Advanced Algebra	B
AP/CC History	A
Chemistry	B
German III	A
Computer Program	B

GPA 3.3

Cumulative GPA 2.82

Twelfth Grade

Writing 121	A
Pre-Calculus	A
Economics	A
Honors Physics	A
AP 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.