Freshmen 2030/Sophomore 2029

Planning Timeline & Checklist

As high school Freshman & Sophomores, there's a lot of things to learn that will get you through the next four years. And your Senior year isn't the only thing you should be looking forward to. You also need to start thinking about what you want to do AFTER high school! This worksheet will help you think about life after FHS.

Do you know your academic counselor?	Knowing your **academic counselor** is one of the most important things you can have. Develop this relationship early, and make sure to get guidance about which classes to take, as well as college and career options. Your counselor wants you to be successful, so the more they know you, the better they can serve you.
What is the College & Career Center?	The College & Career Center is in room A202 (above the A-office), and is here to help guide you into your post-high school life. The College & Career Center Coordinator is here to help you with questions, college applications, scholarships, career exploration, & work permits. You can email Mrs. Cartwright at: cartwria@luhsd.net or phone ext. 3024
What is your plan after you graduate from FHS?	Some students have a clear goal for their lives, and some of you may not know what will be. Now is a good time to start thinking about questions like: **"What job do I want to do in life?" "What education or training will I need for my career interest?"** "Do I want to go directly to a 4-year college/a community college/the military/employment.?"
What's a way to explore a possible career?	One question to ask yourself is: **"What are some your hobbies and things you enjoy doing, how could you turn this into a career?**" If you can identify your interests, and want to be a part of developing or working in it one day then you might have your career answer. For instance, if you think medical care is needed for a lot of people in our country, maybe you should become a first responder, nurse, medical assistant, physical therepist, counselor or work in the non-profit sector. The medical industry has many related job fields.
What are A-G requirements?	The **A-G requirements** are **specific classes that are recognized by the UC/CSU system or 4 -year college.** If you are planning on attending a UC/CSU for college, you need to make sure that you are taking the appropriate classes (e.g., transferable electives, foreign languages, etc). Make sure to meet with your academic counselor to go over your future plan! High School course work must be "C" grades or better for A-G college entrance requirment.
What is an "AP class"?	AP stands for **"advanced placement**." An AP class is going to cover more material than a regular class, and will be structured like a college class. In fact, if you take (and pass) the "AP Exam" you will receive college credit! Taking an AP class will also boost your GPA by one letter grade (for instance, a "B" in AP World History will calculate to be an "A" in your GPA). Also, make sure you don't wait until your senior year to take an AP class, as **your grades and GPA from 10th-11th are very important** for college!

Do colleges require that I am involved in extra-curricular activities?	Private colleges, HBCU and UC's will want to see if you've participated in **school activities** (like sports, clubs, band, theater, community events, etc). While trying new things is a good way to experience all that FHS has to offer, colleges really want to see that you've committed to one or two activities, are passionate about them, and have invested a serious amount of time to that activity. If you aren't yet sure as to what you want to get involved in, then you should definitely try new things. But if you've already found the activity you're passionate about, make sure to stick with it and do as well as you can!
What is 9th Grade Information Night?	FHS Counseling Team will present information to help navigate 9th grade. The date of this event will be sent home throught an email. This is a great opporitunity to learn more about the FHS campus, clubs, activities, academic support, college and more.
How do I learn more about college and the admission process?	Freedom HS Counseling Team will host a **"Ramping Up For College"** event (date to be determined). Our academic counselors will provide information on the steps that will need to be taken to meet the admission requirements. Another way is to participate in the college presentations that will be offered through our College & Career Center. Each college represenative will talk about admission requirments and updates, cost of attendance, majors, campus oppritunities, and more.
LUHSD College & Career Night about?	LUHSD will host a college & career night on **October 14, 2026, from 6:00 pm - 8:00 pm Liberty High School Gym**. Connect with college admission, union/trades, business to plan for post-secondary career educational development.
Should I take the SAT/ACT tests? Practice tests - PSAT.	We recommend that you contact your college(s) directly to verify testing requirements. You can also view the freshman undergraduate admisions home page for requirements. Some colleges may use the SAT or ACT score for admission, academic major, placement or scholarships. Freedom HS will provide practice tests, which are the PSAT in the Fall 2026 and PSAT10 Spring 2027. Pregistration is required through the WebStore.
Remember that GRADES MATTER!	Always do your best! Everyone is on a different path - some may go to community college, 2 - 4 year university, military or join the work force! Regardless of what you plan to do after your FHS experience, always do your best. Grades matter, and **the study skills and habits you develop at FHS will be with you for life**. Make the most of your time and learn to be as successful as possible!
What are FHS Graduation Requirements?	You will need a total of 270 credits to graduate high school. 40 credits of English, 30 credits of Social Studies, 30 credits of Mathematics, 20 credits of Science, 10 credits of Fine Arts or World Language, 20 credits of Physical Education, 5 credits of Health and 115 credits of Electives. Please refer to our online Course Cataloge for more spacific details.
Want to play sports for a Division I/II/III college?	Begin this process early. Sign up at the NCAA Eligibility Center at www.eligibilitycenter.org and let your building counselor know your plan.
Examples of clubs/activities. Get involved.	To name a few: National Honor Society, California Scholarship Federation, ALOHA, Key Club, Leadership, Latinos Unidos, BSU, Connect Crew, Interact Club and many more.

Go Falcons!

For more info contact your FHS **College & Career Coordinator**: Mrs. Cartwright (ext. 3024) cartwria@luhsd.net

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