SPX College Planning Timeline
Sophomore

August	• Introduction to Sophomore Year: Counselors are available to assist in the transition to sophomore year and can assist with time management, increase in class rigor, 4-year plan.
September	• Case Studies Parent & Student Night: Counselors organize an interactive simulation where students and parents evaluate mock applications alongside college admissions officers to understand how holistic decisions are made.
October	• College Financial Aid Discussion Night: Counselors bring in financial aid experts to guide families through the FAFSA, CSS Profile, institutional aid, and scholarship opportunities to make higher education affordable. • PSAT: Taking the PSAT provides a low-stress trial run for the SAT,and identifies academic, strengths and weaknesses
December & May	• De-Stress Lunches: Counselors create relaxed, supportive midday spaces prior to final exams, equipping students with stress-management techniques and wellness strategies.
January	• Sophomore Theology Classes: Counselors visit sophomore classes to guide goal setting, and self-discovery as students prepare for upperclassmen decision-making. • 10th grade Parent Night: Counselors guide sophomore families through standardized testing roadmaps, academic momentum strategies, and career planning resources.
January - February	• Individual Counseling Meetings: One-on-one counseling sessions helping 10th graders select upcoming coursework, assess career interests, and refine their path toward post-secondary success.
April	• College Fair: Counselors organize a college fair for students in the gym during lunch periods consisting of representatives from various colleges and universities. • Pre-ACT Testing: Provides 9th and 10th-grade students with a low-stress trial run for the actual ACT. It helps students familiarize themselves with the exam layout and question formats, pinpoints specific academic strengths and areas for improvement, and offers valuable insights fortest preparation strategies.
May	• Sophomore Future U Kick-Off: Counselors launch sophomore career and college planning through energetic lunch activities introducing self-assessment and exploration tools while giving students a preview of how junior year works. • Principles You: Counselors utilize a tailored self-assessment tool to help sophomores uncover personality traits, learning preferences, and career inclinations to inform future college majors.
All Year	• Availability: Counselors maintain open office hours and flexible drop-in times for ongoing academic advising, personal support, and personalized college guidance whenever students need assistance.