

# SOPHOMORES

- Keep your grades up! You might have a lot going on this year but remember that your schoolwork is important.
- Sign up for a college savings account or continue to add to an existing account.
- Find out about Financial Aid! There's so much information online. [CollegeBoard.org](https://collegeboard.org) has a college cost calculator and [fafsa.ed.gov](https://fafsa.ed.gov) has information on government financial aid programs.
- Continue to talk to counselors, advisors, teachers, and other adults about your plans after high school.
- Find out about honors, AP, and college level courses available for junior year.
- Update your college planning file, or start one if you haven't already.
- Continue extracurricular activities and consider getting a part-time job or doing volunteer work. Remember, admissions counselors look for well-rounded students who participate in activities outside of the school day.
- Look into participating in academic enrichment programs, summer workshops, and camps with focus on things such as music, arts, math, and science. You can also explore internship opportunities!
- Take the pre-ACT test. Ask your school counselor for more information.
- If you plan to take the SAT, take the PSAT in October. It's never too early to start studying and practicing for standardized tests.
- Investigate your options for dual enrollment next year. This allows you to start earning college credit if you meet certain requirements.
- Make a list of what you like/ dislike when comparing different colleges and universities.
- Keep reading! Expanding your vocabulary and learning new things will help with many things over the next few years.

## Check this out:

Research majors that might be a good fit with your interests and goals based on the career search at: [StudentAid.gov/careersearch](https://StudentAid.gov/careersearch)

## Don't Forget:

Use your time wisely! Community involvement looks great on college applications. Ask your school counselor about ways that you can be more involved.

## Ask Your Counselor:

Check in with your school counselor about honors and Advanced Placement (AP) courses and how these may be beneficial to you!

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## CONTINUE PLANNING

Now is the time to explore what you like about the different colleges and universities you are considering! When doing this, be sure to think about things like location, size, and activities that are offered.

Here are a few websites that may help you to continue your college and career search:

- <https://www.cfnc.org>
- <https://www.onetonline.org>
- <http://www.mynextmove.org>
- <http://www.careeronestop.org>

## PRE-ACT

As a sophomore you will be taking the Pre-ACT test to evaluate your English, math, reading, and science reasoning skills. This practice test will give you the opportunity to get a feel for the exam and the scores won't count towards your college application, it's a win-win!

For more information about the pre-ACT test please visit:

<https://www.act.org/content/act/en/products-and-services/preact.html>

## STUDY TIPS

Want to be successful during your time in high school? If so, use the following study techniques to ensure results you can be proud of.

- Take breaks
- Actively study
- Manage your time
- Know what you need to study
- Choose your study environment wisely

For more specific information about study techniques and how they can be helpful to you, please visit: [www.cfnc.org](http://www.cfnc.org) and enter "study techniques" in the search box.



## UNDERSTANDING THE IMPORTANCE OF COMMUNITY INVOLVEMENT

When planning for your future, whether that includes college, a career, or military service, community involvement can go far. When colleges and employers see that you have actively been involved in the community in addition to your daily classes, it lets them know that you have ability to take on multiple things, making you a well-rounded student. Now is the time to consider a part-time job, summer opportunities, and even volunteer hours. For more information please visit:

<https://www.cfnc.org/plan-your-future/>

## SAVING FOR COLLEGE

Have you considered how you will pay for your college education? There are a few different ways to pay for college, these include savings, scholarships, grants, loans, or other forms of financial aid. Remember, it is wise to plan ahead!

Here are a few websites that may help you begin the planning process for paying for college:

- <https://fafsa.ed.gov>
- <https://www.cfnc.org/pay/pay.jsp>
- <http://www.cfnc.org/save/save.jsp>
- <https://nshscounseling.weebly.com/>