

FRESHMAN YEAR



FALL-WINTER

Academics

- ☐ Meet with a college counselor for help with college plan
- ☐ Identify interests and skills to focus on goals
- ☐ Grades count from here forward! (GPA – grade point average)

Extracurricular

- ☐ Join a club or sport
 - ☐ Volunteer (keep track on your activities resume and [submit](#) for SA required community service hours)
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SPRING

Academics

- ☐ Refocus study habits
- ☐ Keep up your grades – check your GPA. It counts!

Career

- ☐ Look for summer programs (work, volunteer, academic)

College

- ☐ Attend a college fair in your area ([NACA Fairs](#))
 - ☐ Check out virtual campus tours ([Campus Tours](#), [You Visit](#), and [ECampusTours](#)). Also [SCOIR](#) – a program used by SA juniors and seniors to help with college admissions and information (have virtual tours).
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SUMMER

Misc.

- ☐ Get a job – helps develop skills in a work environment
- ☐ Volunteer
- ☐ Summer reading

Financial

- ☐ Open a bank or credit union account and save money for colleges
- ☐ Talk to parents/guardians about college savings plan

SOPHOMORE YEAR



FALL-WINTER

Time Management

- ☐ Learn how to make most efficient use of time

College

- ☐ Take PSAT ([test prep](#)); remember to use school code **381031**.
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SPRING

Academics

- ☐ Keep up your grades – check your GPA. It counts!
- ☐ Plan rigorous courses for junior year

Extracurricular

- ☐ Join a club or try out for sports
- ☐ Volunteer (keep track on your activities resume and [submit](#) for SA required community service hours)
- ☐ Explore summer opportunities (work, volunteer, academic)

Career Exploration

- ☐ Take an [interest inventory](#) to help with careers
 - ☐ Talk with teachers, family, & counselors about their career paths and what they studied in college
 - ☐ Job shadow
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SUMMER

Misc.

- ☐ Summer reading
- ☐ Learn about types of scholarships and grants ([FindAid](#) & [Student Aid](#))

JUNIOR YEAR



FALL-WINTER

College Planning

- ☐ Meet with counselor and talk about college plans
 - ☐ Keep up your grades – check your GPA. It counts!
 - ☐ Plan rigorous courses
 - ☐ Stay involved in clubs, activities, and sports
 - ☐ Create professional email address to use when applying for colleges, scholarships, etc.
 - ☐ Attend college fairs
 - ☐ Tour college campuses – consider size, location, academic programs
 - ☐ Take SAT/ACT tests ([SAT](#), [SAT prep](#), [ACT](#), & [ACT prep](#)); remember to use school code **381031**.
 - ☐ Create an OSAC profile and fill out application using your list of activities and accomplishments
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SPRING

Academics

- ☐ Take (or retake) SAT/ACT tests ([SAT](#), [SAT prep](#), [ACT](#), & [ACT prep](#)); remember to use school code **381031**.
 - ☐ Plan senior schedule with counselor
 - ☐ Check your GPA. It counts!
 - ☐ Write your personal statement (for Common Application) about who you are and your unique qualities (English teachers will help)
 - ☐ Create a list of teachers, coaches, other mentors who will be able to write a personalized letter of recommendation
 - ☐ Volunteer (keep track on your activities resume and [submit](#) for SA required community service hours)
 - ☐ Visit more colleges
 - ☐ Finalize list of colleges you are interested in (5-7)
 - ☐ Attend Salem Academy's "Stepping Up" night
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SUMMER

Misc.

- ☐ Check websites of colleges on your list, review admissions process and timeline
- ☐ Prepare scholarship resume and/or "brag sheet" that includes all non-academic activities and honors
- ☐ Learn about financial aid
- ☐ Search and apply for scholarships
- ☐ Save money for college

SENIOR YEAR



FALL-WINTER

College Planning

- ☐ Attend college information nights at school and possibly in community
- ☐ Check websites of colleges on your list, review admissions process and timeline
- ☐ Take SAT/ACT tests ([SAT](#), [SAT prep](#), [ACT](#), & [ACT prep](#)); remember to use school code **381031**.
- ☐ Ask teachers and counselors for any required or optional letters of recommendation
- ☐ Send transcripts, test scores, letters of recommendation to colleges
- ☐ Male students must [register](#) with Selective Service within 30 days (before or after) of their 18th birthday. If they do not, they will not be eligible for federal financial aid for college.

Financial

- ☐ Register for FSA ID, which serves as your FAFSA e-signatures (student's parents/guardians must also register)
- ☐ File for the [Free Application for Federal Student Aid](#) (FAFSA) – opens **October 1st**
- ☐ Search and apply for scholarships
- ☐ Apply for Oregon Promise through [OSAC](#): this is a state grant passed in 2015 that helps cover tuition at **any** Oregon community college for recent graduates.

Winter

Misc.

- ☐ Check email regularly for additional information colleges might require
- ☐ Have counselor send mid-year transcripts
- ☐ Continue scholarship search and submitting applications
- ☐ Connect with alumni from school who may be home on break – talk about what to expect, what they wish they had done differently, etc.

Spring

Misc.

- ☐ Keep grades up!
- ☐ Update [OSAC](#) profile
- ☐ Visit campuses you're most interested in
- ☐ Continue applying for scholarships
- ☐ Compare financial aid award package letters; go over these carefully
- ☐ Decision Day is **May 1st** – many colleges require confirmation and initial deposit by this date

Summer

Misc.

- ☐ Send final transcripts
- ☐ Start preparing to leave for college – packing lists, continue saving money.
- ☐ Create a budget for college
- ☐ Attend college orientations