



10th Grade: Momentum

COLLEGE CHECKLIST

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, and take all your tests.
- Find a system that works for you to keep track of class materials.
- 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!
- Continue taking challenging courses, and electives.
- Explore opportunities for dual-credit or CTE (Career & Technical Education) courses.
- Take the Pre-ACT Secure test and review 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!
 - Join a club, participate in sport, try an instrument, theatre, or choir!
- Volunteer for an organization or cause you care about.
- Make a plan for summer, and stay curious and mindful of your future plans!

SURROUND YOURSELF WITH SUPPORTIVE PEOPLE

YOUR COMMUNITY MATTERS. BUILD A NETWORK OF FRIENDS AND MENTORS WHO INSPIRE AND ENCOURAGE YOU TO THRIVE.

- Connect with friends, organizations, and clubs who share positive goals, values, and interests.
- Seek out a mentor – whether it's a teacher, counselor, coach, trusted adult, or an experienced peer. Find someone who listens and supports YOU.

MAKE THOUGHTFUL AND HEALTHY CHOICES

FOCUS ON HABITS THAT PROMOTE YOUR OVERALL WELL-BEING

- Care for your body and mind. Prioritize sleep, balanced meals, and regular movement.
- Stay mindful of your digital life. Use technology and social media responsibly.



10th Grade: Momentum

COLLEGE CHECKLIST

EXPLORE

COLLEGE & 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.
- 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 and career.

LEARN ABOUT PAYING FOR COLLEGE YOU CAN AFFORD COLLEGE. LEARN ABOUT THE COSTS AND HOW TO PAY.

- Learn about financial aid & other ways to pay.
- Set up and regularly contribute to a dedicated college savings account.
- Research scholarships you may qualify for in the future - keep a list!

GET ORGANIZED AND GET HELP

- 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.

RESOURCES

STAY CURIOUS

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.

➤ NAVIANCE- School Resource

This web-based planning software provides RHS students with tools for college and career planning. Students can access their personal accounts to take self-discovery assessments, explore colleges and careers, view the College Visit schedule, sign up for visits, and access a scholarship database.

➤ OREGON GOES TO COLLEGE

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

OSAC

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