



# 9th Grade: Curious

## 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.
- Discover how you learn best. Adopt strategies to support your learning preferences. **KNOW YOU!**
- Learn how to take notes, make outlines, and do research.
- Find a system that works for you to keep track of class materials, and due dates.
- 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!  
All of our 9th grade students have to take a full schedule. Be thoughtful about your classes. Take a second language and electives that interest you.
- Are you interested in either IB or CP Programs?
- Are you interested in the CTE options?

### 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.



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### 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.