



College Planning: A Guide for Sophomore Students

It's your sophomore year.

What should you be doing now?

By the time students become sophomores at NTHS, they should have successfully maneuvered the transition into High School. Sophomores should be ready to focus on enhancing their academic opportunities, accepting responsibility for personal academic success, and seeking opportunities for involvement in the larger life of the school through extra-curricular activities.

Ideally, a sophomore should be completely engaged in the life of NTHS. As a part of that engagement, a sophomore should continue to pursue the habits for success honed during the freshman experience through the following:

- Take challenging courses and do well in those courses. As colleges consider applicants, nothing takes the place of strong academic achievement in a rigorous curriculum. Colleges prefer 4 years of English, history, math, science and foreign language for most college majors.
- If your freshman year was less than stellar, make up your mind to improve. Colleges are willing to overlook a poor start IF a student shows sustained improvement over the next three years.
- If your freshman year was a strong one, keep up the good work. Colleges expect you to maintain effort and focus. A downward spiral will hurt your chance of admission.
- READ, READ, READ and take advantage of the writing opportunities you have in various courses. The SAT, a college entrance exam required by most four year colleges, emphasizes critical reading and has a writing section.
- Practice good study skills, time management and organization.
 1. Use an assignment book.
 2. Review nightly material covered in class (even when no homework has been assigned).
 3. Schedule work and study time.
 4. Organize your study materials (notes, handouts, etc.).
 5. Keep your options open.
- Get to know your teachers. Let them get to know you.
- Get involved outside the classroom (performing/visual arts, athletics, special interest clubs, student government, service projects). Sophomores should begin to focus more on the activities that have become most meaningful to them. Explore leadership roles in areas of involvement. Maintain a balance.
- Take the PSAT in the fall of your Junior year.
- Complete your sophomore-year service requirement (7 ½ hours).
- Use college search websites to find out the required courses and tests of colleges that you might be interested in attending.
- Go to college fairs in your area. Learn about college costs and how financial aid works.
- Investigate interesting summer options for study, travel or work, volunteer or internships.
- And finally.....if you have any questions or need advice, SEE YOUR SCHOOL COUNSELOR.