

# Middle School: College Checklist

IT'S A PLAN

Getting ready for college starts now. Find out how you can prepare for your future.

## ACHIEVE

### Do well in school.

Academics are the most important factor in getting into and graduating college. Build good habits now that will help you be successful in high school and college.

- Go to all of your classes. Attendance matters!
- Turn in all assignments.
- Discover how you learn best. Adopt strategies to support your learning preferences.
- Learn how to take notes, make outlines, and do research.
- Find a system that works for you to keep track of class material.
- 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.

Set yourself up for high school by taking advanced or elective classes offered at your school.

- Challenge yourself with honors or advanced classes, if available at your school.
- Take Pre-Algebra and Algebra. It's a jumpstart on high school math!
- Take a foreign or world language if offered.

## ENGAGE

### Get involved.

Extracurricular activities give you the chance to explore your interests and make friends.

- Participate in school and community activities.
- Volunteer for an organization or cause you care about.
- Make a plan for summer like volunteering or attending camps.
- 8TH GRADE:** Attend high school orientation.

### Spend time with good people.

Who you hang out with matters. Get a support system of people who want to see you succeed.

- Choose friends that share positive goals and interests.
- Find a mentor – a teacher, counselor, coach, other trusted adult or older student that you can talk to.

### Make good choices.

Practice healthy, safe, and kind behaviors.

- Take care of your physical and mental health. Exercise, eat healthy and get enough sleep.
- Be safe online and on your phone.
- Avoid risky behaviors like drinking, doing drugs, and having sex.
- Be kind; treat others with respect.

