

School is starting this month for many districts. It's a great time to map out your calendar so you know important dates and events at your school. And don't forget - high school students playing sports or participating in other extracurricular activities may have commitments before the academic year starts.



ALL GRADES

- If your student is playing high school sports and would like to opt-out of gym class, have your student request a physical education waiver from their counselor for you and their coach to sign.

BEGINNING MIDDLE SCHOOL

- Discuss potential middle school sports and clubs that your student may be interested in doing and support their sign up.

BEGINNING SOPHOMORE YEAR

- If your student is an athlete and they plan to play sports in college, they should meet with their coaches to make sure they are on track for both athletics and academics. Encourage your student to talk with their school counselor about taking courses that will support their college goals while playing sports.
- Now is the time for students to join extracurricular activities and volunteer in the community - consider school clubs, sports, a part-time job, or other activity.
- Attend Sophomore Night at your school. If your school doesn't have one, check out our online sessions for parents each month at www.collegenowgc.org.

BEGINNING FRESHMAN YEAR

- High schools offer a wide set of new activities in school and after school, as well as sports. Talk with your student about what they may be interested in doing this year. Encourage them to try new things and explore their interests.
- Attend Freshman Night at your school. If your school doesn't have one, check out our online sessions for parents each month at www.collegenowgc.org.



AUGUST

BEGINNING JUNIOR YEAR

- If you have an opportunity, visiting colleges over the summer can be a great way to help your student refine their interests and wants post-high school.
- Talk to your student about their goals and priorities for these last two years of high school; help them make a plan for what they'd like to do, explore, and learn after graduation.
- Encourage them to explore their options post-high school, as much of the college and career research process starts junior year.
- Begin to think about what you can afford for college or trade school by using tools like the Net Price Calculator (collegecost.ed.gov/net-price) to understand the costs of college.



NOTES

BEGINNING SENIOR YEAR

- Brainstorm essay ideas and review the Common Application at www.commonapp.org/.
- The last year of high school can be stressful. Make time to sit down with your student and make a plan for college and career planning.
- Discuss the importance of self-care with your student and the resources they may have available at home or at school. If you are able, plan some relaxation and rest time or check-in points with your student now to connect throughout the year.
- If your student works, review their work schedule and ensure they have enough time for the work needed to complete their college, military, and/or trade school applications on time.
- Support your student in creating their Common Application account and exploring which colleges, trade schools, and/or military academies take the Common Application (www.commonapp.org/).

Note: The Common App usually opens August 1 for the following school year, so make sure your student applies in the appropriate year.