



# 10TH GRADE TIMELINE

## TASK LIST FOR THE COLLEGE ADMISSIONS PROCESS

*In general, 10th grade is a continuation of 9th- a time to explore interests and aptitudes, grow socially, be engaged in school and in the wider world, and begin "adulthood". There are no "must do's" to prepare for college admissions, though certainly things to consider if you believe college is in your future. This list is organized by category, 5 in each. Complete the items that make sense to you, but DO challenge yourself to get out of your comfort zone. Add others as you wish!*

### SCHOOL

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- Ensure you are challenging yourself in at least one academic area by taking an AP, Honors, or other higher level class. If not this year, look ahead to the summer or 11th grade year.
- If not engaged in at least one extracurricular activity, find one! And if you are involved in one, or more than one, consider a leadership opportunity or project you can take on by the time you are an upperclassman. Think quality and depth over quantity.
- Consider your favorite subject/s- research additional classes, including free online college courses, or MOOCs, to dig deeper into this interest and possible aptitude.
- Consider your favorite teacher/s- if they teach in a favorite subject, ask them for ideas for projects or additional classes, possible career paths, and what their college experience was like. The vast majority of high school teachers teach at that level because they love interacting with young adults and helping them find their way to the next big step. They will welcome the opportunity to pass along some wisdom. The bonuses of this sort of interaction is the opportunity to gain skills speaking with adults and finding a teacher who may know you well enough to write a letter of recommendation in a couple of years.
- Complete an honest self-assessment of your school-related habits, including organization, time management, and study skills. If one or more areas need improvement, pick ONE, start small and build that habit, then pick another and keep building. Ask for help if you need accountability or ideas.

### HOME (REPEAT FROM 9TH GRADE)

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- Behave responsibly for your own spaces and common areas- clean up after yourself, tidy regularly, and deep clean or help other members of the household deep clean seasonally.
- Become involved in regular home and car maintenance- what needs to be done and when? Find out then help complete those tasks.
- Learn to do your own laundry, including bedding, then own that task.
- Learn to cook a few basic meals or family favorites. Offer to prepare a meal every 2 weeks or so.

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## HOME (REPEAT FROM 9TH GRADE) (CONT.)

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- If you don't have regular chores, take initiative, talk to your parent/s and figure out what you can do regularly to help out your household.

## PERSONAL DEVELOPMENT (REPEAT FROM 9TH GRADE)

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- Read. Read. Read. Every day read fiction, nonfiction, the news, almost anything- draw the line at most social media, celebrity feeds, and anything that dwells in negativity.
- Keep a journal. Even if you don't consider yourself a writer, develop a habit by writing a few lines about your life, thoughts, feelings, what's going on in the world, a book you read, etc., at least once per week, and preferably daily.
- Pick an activity, class, or event in your comfort zone. Be engaged and enjoy!
- Pick an activity, class, or event outside your comfort zone. Be engaged and learn! (and enjoy)
- Honestly evaluate your health habits- nutrition, exercise, mental and emotional- and pick one to intentionally improve. Ask for help if you need accountability or ideas. Once you have solidly improved one (might take weeks or months), celebrate! Then consider building upon that success with another. We can ALL improve, learn, and grow without seeking an unattainable state of perfection.

## EXTRAS AS YOU WISH!

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