



9TH GRADE TIMELINE

TASK LIST FOR THE COLLEGE ADMISSIONS PROCESS

9th grade is a time to find your stride and build positive relationships: a year to acclimate to high school, become more responsible and independent, explore interests and aptitudes, grow socially, and be engaged in school and in the wider world. That's a lot without adding college admissions "must do's", so use this list as 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

- Start off your high school years strong academically, regardless of courses. By spring semester consider challenging yourself with a higher level course in an area of interest or aptitude, but the most important thing is to do your best in every course on your schedule.
- Focus on organization and study skills and work to improve both if needed. Listen to school staff about best ways to organize materials and study for tests/quizzes. Use a planner or some organizational tool to keep track of tasks, assignments, activities, etc.
- Join at least one club, sport, or activity, perhaps more as long as the time commitment is reasonable. Generally there are many more clubs and activities available in high school, so take advantage by trying a few to explore YOUR interests, not just get a check in the box on a college application.
- Pay attention to graduation requirements, talk to your school counselor if unsure or if you'd like to do something "out of the box". Start to map out class possibilities for the next 3-4 years, taking advantage of electives that might interest you.
- Choose friends wisely, but do find ways to build relationships with peers. Find people who are positive, treat people with respect, and who lift you up, and be the same for others. Even if you are introverted, build social skills by joining club/s or sport/s, and/or sparking a conversation with someone who sits next to you in a class or in the cafeteria.

HOME

- 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 (CONT.)

- 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

- Read. Read. Read. Even if only 10 minutes per day, though hopefully more, 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, hopefully more often.
- 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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