

# Sophomore Year

	Websites & Additional Resources
<b>Make the grades and attend class on time</b>	Track your grades in the <a href="#">Home Access Center</a>
<b>College Major Research</b>	<a href="https://www.myplan.com/majors/what-to-do-with-a-major.php">https://www.myplan.com/majors/what-to-do-with-a-major.php</a> <a href="https://www.princetonreview.com/college-major-search">https://www.princetonreview.com/college-major-search</a>
<b>Making a College Plan</b>	<a href="#">Big Future Make a College Plan</a>
<b>Create a College List</b> (Where do you want to apply?) 10/3 College Night @ Berry Center	<a href="https://bigfuture.collegeboard.org/">https://bigfuture.collegeboard.org/</a> <a href="https://nces.ed.gov/collegenavigator/">https://nces.ed.gov/collegenavigator/</a> <a href="https://www.collegedata.com/">https://www.collegedata.com/</a> <a href="#">Cappex.com</a>
<b>Research College Admission Requirements</b> (for each college)	Visit the university's website & search for: "Freshman" / "Undergraduate Admissions" / "Future Students" or, Institution-specific app on their website Also Visit the <a href="#">Cy-Lakes College and Career College Admission page.</a>
<b>Earn College Credit in High School</b>	Enroll in <a href="#">Advanced Placement or Dual Credit</a> classes during junior year of high school. Save time and money. Learn more on the <a href="#">Cypress Lakes Dual Credit website.</a> How do college credits <a href="#">transfer</a> ?
<b>Scholarships</b>	Know the scholarship application process and deadlines for each college. Apply for other scholarships...many & often! <a href="#">CFISD Scholarship Bulletin</a> <a href="http://www.FastWeb.com">www.FastWeb.com</a> <a href="http://www.FinAid.org">www.FinAid.org</a> <a href="http://www.Scholarships360.org">www.Scholarships360.org</a>
<b>Virtual College Visits</b>	<a href="#">You Visit College Tour</a> <a href="#">Princeton Review Virtual Campus Tours</a>

Grade	Alpha	Counselor Name	Email address
9-12	A-Cam (Red)	Chanell Abagi	Chanell.abagi@cfisd.net
9-12	Can-Fo (Red)	Ashley Alexander	Ashley.alexander@cfisd.net
9-12	Fp-I	Rhonda Klaus	Rhonda.klaus@cfisd.net

9-12	J-Mc	Paola Fernandez	Paola.fernandez@cfisd.net
9-12	College Academy (Red)	Tina Schutte	Tina.schutte@cfisd.net
9-12	Md-Ph (Silver)	Tiffany Simon	Tiffany.simon@cfisd.net
9-12	Pi-Se (Silver)	Dena Sarkis	Dena.sarkis@cfisd.net
9-12	S-Z (Silver)	Valerie Pierce	Valerie.pierce@cfisd.net
	College and Career Specialist	Michele Herman	Michele.herman@cfisd.net
ADMIN Red Office	Secretary	Liz Lockward	Ana.lockward@cfisd.net
ADMIN Silver Office	Secretary	Maria Munoz	Maria.munoz@cfisd.net
	Lead Counselor (Red)	Amber Bish	Amber.bish@cfisd.net

**IMPORTANT:** All information should be independently verified with the college(s) to which you're applying.

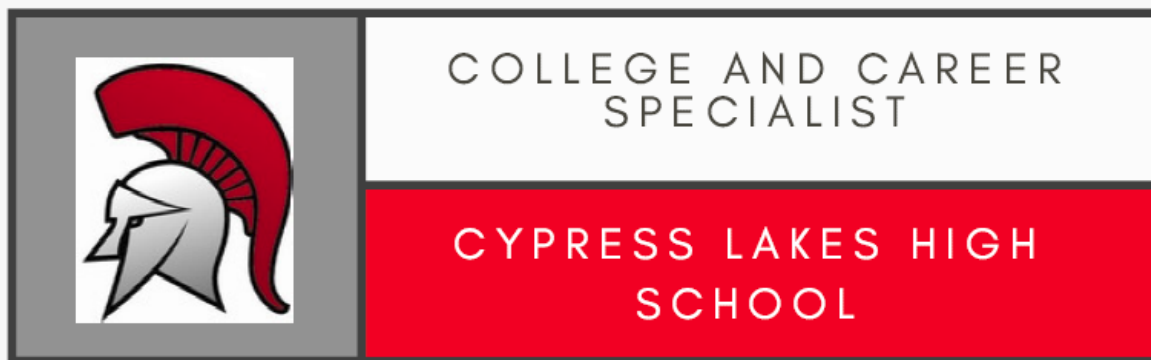
[Cypress Lakes College and Career website](#)

College Application, Dual Credit, Scholarship and Financial Aid and Grade Level Timelines

[CFISD College Knowledge website](#)

College presentations on Applications, Essays, and Expanded Resume.

[Cypress Lakes Counseling website](#)



## SUMMER AFTER 9TH GRADE

- [Be careful with your social media use](#) - Any words or pictures you post are part of your permanent online record. If it's something you wouldn't want your grandparent to see, maybe don't post it.
- [Improve your study skills](#): This is a good time to review what worked and what didn't this year, and set some intentions moving forward.
- Volunteer with your family (with an organization that is in your field of interest, if possible), to help your community.

- [Houston area opportunities](#)
- [Cypress Assistance Ministries](#)
- [Cy-Hope](#)
- [Cy-Fair Helping Hands](#)
- [Camp Hope](#)
- [Operation Gratitude](#)
- [American Heart Association](#)
- [Olive Branch Muslim Family Organization](#)
- [All For Good](#)
- [Idealist](#)
- [Volunteer Match](#)
- [Volunteer Houston](#)
- [Houston Sports Authority](#)
- Are you taking a family trip this summer? Add a college visit to your itinerary. You can make an appointment for an official visit at most colleges. Staying in Houston? I suggest visiting and comparing your likes and dislikes about the following colleges: [University of Houston](#), [University of St. Thomas](#), [Prairie View A&M University](#). Other local colleges include University of Houston Downtown, Texas Southern University, and Houston Baptist University.
- Continue [exploring possible careers](#) - There are so many possibilities out there. What sounds interesting to you? Start with your interests and see where your research takes you.
- [You Science Aptitudes Test](#) - What are you good at? Take this online assessment that uses a combination of personality, interest, and aptitudes testing to help you explore careers that might be a good fit.
- If you are enrolled in dual credit classes this year, [make online payment](#) by the deadline.
- Continue to seek out opportunities for leadership, however small. Examples include:
  - Team captains
  - Arts leadership (theater, band, choir, dance, orchestra)
  - Employment (even informal employment like babysitting and lawn mowing for neighbors for pay will show responsibility and leadership)
  - Peer tutoring
  - Journalism (newspaper, yearbook, video news)
  - Student government
  - Club leadership roles
  - Start something new - the ultimate leadership: build an app, start a club, initiate a new fundraising activity, start your own business, start your own philanthropy, create something that didn't exist before
  - Improve on something that isn't working as well as it should - you don't have to start from scratch to show leadership. You can find a way to make a more significant impact, grow a program, or raise more funds for an existing club, fundraiser, or extracurricular pursuit.
  - Develop your leadership skills through programs like scouts, ROTC, FFA, Interact, Key Club, and others.

## FALL OF 10TH GRADE

- If you are enrolled in AP classes this year, register now for your AP tests.
- Maintain good grades and attendance, check your [CFISD student portal](#) often to make sure that you have all assignment completed.
- Think about increasing levels next year if you are in K think about AP or DC options, and if you are in L think about K, or maybe even AP/DC options.
- Familiarize yourself with [college terms](#)
- Make a college [plan](#).
- [PSAT](#) -Prepare to take the exam this fall. In CFISD, it is given to all sophomore students. Strong test scores as a sophomore can qualify you for dual credit as well as the summer invitation-only program in CFISD called Scholars
- [Connect with college admissions reps](#) - Sign up for a few sessions with college representatives when they visit your high school this fall. Also check their website for information on virtual information sessions and local events.
- Continue to use your [Activity Log](#) - continue to track your involvement in a couple of clubs, sports or other extracurricular activities either at your school or in your local community. Keep track of your engagement over time on this simple spreadsheet.
- [College App & Admissions Timeline](#) - A timeline and set of resources that track the college search and application process from 9th through 12th grade.
- [Study Schedule](#) - If you don't have a plan in place, now is a great time to create one. Use a paper or online planner to stay organized and help manage your time.
- [Virtual College Tours](#) - Curious about what college is all about, but not feeling ready for an in person visit? Have fun searching through these student-driven virtual college tours. Consider a virtual tour with [YouVisit](#)

## WINTER OF 10TH GRADE

- **Start thinking about financial fit:** As you begin your college search, it's important to think about cost. Experiment with the [Net Price Calculator](#) to get a rough estimate of what you might pay for college, and start the conversation with your parents or guardians.
- **Review PSAT results:** Pay special attention to the questions you answered incorrectly. Strong test scores *as a junior* may qualify you for academic honors as well as for special programs and recruitment opportunities.
- **Time management:** Finding it hard to balance school work, extracurricular activities, and sleep? This worksheet can help assess whether you're doing too much.
- **80 Extracurricular Activity Examples:** Wondering what other students listed on their applications? These examples may inspire you.
- **How to Plan a Fulfilling and Productive Summer (podcast):** Heads-up: Some programs have early-application deadlines, so start researching early.
  1. **Identify a summer program:** Browse through options for day programs, residential programs, and online options that match an interest you might like to pursue.
  2. Research summer programs that can help you learn more about a college or a topic.

## SPRING OF 10TH GRADE

- **Sign up for junior year classes:** Remember that you want challenge *and* balance. Earn college credit by taking Dual Credit or Advance Placement classes.
- **Build an awesome summer reading list that includes some biographies and memoirs:** *Just Mercy* by Bryan Stevenson is a must-read and can be found at your local library.
- **Tips for Planning a College Visit:** Make a commitment to visit one local college between now and the end of the school year. Learning about different types of schools will help you figure out which schools you want to spend time researching.
- Continue an ongoing dialogue with your parents about how to pay for college—Start discussing ASAP, both in terms of why you want to go to college and how you're going to pay for it. That way, you and your family will be comfortable with the topic during 11th and 12th grade.
- Continue [saving for college](#)—Even if you can only put aside a few dollars each month, every little bit helps, and creating a college savings account makes the idea of going on to higher education much more real.
- **Micro-scholarships:** If you already have a Raise.me account, be sure to update it now. If you have not yet built an account, now is a great time to catch up.
- Very intentionally seek out opportunities for leadership. Ask your coaches, sponsors, employers, teachers, and others for ways you could demonstrate and grow your leadership skills. Consider running for leadership positions within your club, organization or team.
- Make sure you've nailed down some #adult skills like
  1. Know how to use a basic map as well as navigation assistance like waze.  
If you might be moving away for college or work to a place with public transportation, this is a good time to practice.  
If you visit a city with a train or bus system, ask your parents if you can try to be the family navigator.
  2. How to shop for groceries
  3. How to talk on the phone to make an appointment or get an answer to a question - including when to write down notes, like the name of the person you're speaking with as well as the date and time you talked.