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## IT'S A PLAN: 10TH GRADE CHECKLISTS

Help students stay on the right track and challenge themselves with something new during their sophomore year. In order to support 10th graders, Oregon GEAR UP created a series of comprehensive checklists for educators, students and families that address key behaviors and action items that will help students make a plan for their future.

### INSTRUCTIONS

1. **Get a team.** It's important to provide a network of support. Include administrators, teachers, parents and students to help share these messages.
2. **Make a communications plan.** Determine when and how you will share information to students and families; consider more than one method. Make sure you have students and families cell phone numbers, e-mails or mailing addresses if you plan to communicate in those ways.
3. **Download and print** the checklists and any additional resources here: [oregongoestocollege.org/itsaplan/educators/downloads](http://oregongoestocollege.org/itsaplan/educators/downloads)
  - Educators [page 2](#)
  - Students [page 3](#)
  - Families [page 4-5](#)
  - Familias (Spanish) [page 6-7](#)

*For more information on creating a college-going culture in middle and high schools and additional resources, visit [oregongearup.org](http://oregongearup.org).*

# FOR EDUCATORS 10TH GRADE CHECKLIST



## ACHIEVE

### Do well in school.

- Help students set goals for the year.
- Be vocal about your high expectations.
- Emphasize the importance of attendance.
- Offer a variety of instructional practices.
- Provide extra academic support.
- Celebrate academic achievement.
- Help students practice communication skills.

### Take the right classes.

- Coach students to take challenging classes.
- Encourage students to take math all 4 years.
- Offer honors or advanced classes.
- Offer foreign/world languages.

### Get organized.

- Encourage the use of a planner or calendar.
- Provide quiet study spaces at school.
- Help students update a file of key documents.

### Prepare for college admission tests.

- Offer the PSAT 10 or ACT ASPIRE test.
- Review scores with students and families.

## ENGAGE

### Get involved.

- Offer a variety of school extracurriculars including academically-focused ones.
- Encourage community service.
- Partner with community organizations to provide afterschool and summer programs.

### Spend time with good people.

- Provide peer, near-peer and adult mentoring opportunities.
- Engage families in school activities.

### Make good choices.

- Teach and model good digital citizenship.
- Teach students the risks of behaviors like drinking, doing drugs and having sex.
- Set a culture of respect and kindness in your classroom and school.

## EXPLORE

### Explore colleges and careers.

- Help students continue to explore careers that match their interests.
- Have students research the education they will need for each career.
- Review the importance of finding the right fit.
- Help students make a list of colleges and universities that interest them.
- Plan a visit to a college campus that students have not been to yet.
- Teach students how to explore colleges online.
- Set up a trip to a nearby college fair.

### Learn about paying for college.

- Explain at every opportunity that college is affordable.
- Cover the four basic types of financial aid.
- Help students and families explore the different costs of college.
- Help students and families complete the FAFSA4Caster.
- Teach students and families about net prices.
- Share info about college savings accounts.



# FOR STUDENTS 10TH GRADE CHECKLIST



## ACHIEVE

### Do well in school.

- Set goals for the year.
- Go to all of your classes.
- Discover how you learn best.
- Ask for help and use online resources.
- Turn in all assignments.
- Practice communication skills.

### Take the right classes.

- Challenge yourself with advanced classes.
- Explore ways to earn college credit now.
- Plan to take math all 4 years in HS.
- Take a foreign/world language if offered.
- Take a full schedule of classes.

### Get organized.

- Use a planner or calendar.
- Practice good study habits.
- Update your file of important documents.

### Prepare for college admission tests.

- Take the PSAT 10 or ACT ASPIRE test.
- Review your scores with your counselor.

## ENGAGE

### Get involved.

- Continue participating in school and community activities.
- Volunteer in your community.
- Make a plan for summer.

### Spend time with good people.

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

### Make good choices.

- Be safe online and on your phone.
- Avoid risky behaviors like drinking, doing drugs and having sex.
- Be kind; treat others with respect.

## EXPLORE

### Explore colleges and careers.

- Continue exploring different occupations that match your interests.
- Review what is most important to you in a college.
- Make a list of colleges that interest you.
- Confirm that they have the program or major for your chosen career.
- Research admission requirements.
- Visit a college campus that you haven't been to yet.
- Explore colleges online.
- Attend a nearby college fair.

### Learn about paying for college.

- You can afford college. Learn about financial aid and attend workshops.
- Explore the different costs of college.
- Complete the FAFSA4Caster.
- Explore the net prices of colleges.
- Set up and regularly contribute to a college savings account.
- Look into matched savings accounts.
- Search and apply for scholarships.



# FOR FAMILIES 10TH GRADE CHECKLIST



## ACHIEVE

### Do well in school.

- Help your student set goals for the year.
- Be vocal about expectations for school.
- Attendance is important; make sure your student goes to class.
- Ask questions about classes and teachers.
- Check your student's grades regularly.
- Help practice communication skills.

### Take the right classes.

- Talk to school staff to make sure your student is on track to graduate and apply for college.
- Encourage your student to sign up for advanced classes.

### Get organized.

- Help your student find a study location.
- Establish a homework routine.
- Help your student update their file of important documents.

### Prepare for college admission tests.

- Support taking the PSAT or ACT ASPIRE test.
- Review scores with your student and school.

## ENGAGE

### Get involved.

- Encourage your student to continue participating in extracurricular activities and leadership opportunities.
- Get involved yourself—volunteer at the school, attend conferences and events, and be in touch with teachers.
- Help your student sign up for summer programs or volunteer opportunities.

### Spend time with good people.

- Get to know your student's friends and their parents.
- Help your student find a trusted adult or older student who can serve as a mentor.

### Make good choices.

- Help your student understand appropriate, safe behavior online and on the phone.
- Share your expectations and the risks of behaviors like drinking, doing drugs, and having sex.

## EXPLORE

### Explore colleges and careers.

- Talk with your student about his/her future career goals & help make a plan.
- Share your expectations about college attendance.
- Review with your student what is most important to him/her in a college.
- Help your student make a list of colleges that interest him/her.
- Chaperone college visit field trips.
- Visit a college campus with your student.
- Explore colleges online with your student.

### Learn about paying for college.

- You can afford college. Learn about financial aid; attend workshops at school.
- Explore the costs of college with your student; complete the FAFSA4Caster and explore net prices.
- Set up and regularly contribute to a college savings account.
- Look into matched savings accounts that provide extra money for college.
- Encourage your student to search for and apply for scholarships.



**ACHIEVE**

**CONVERSATION STARTERS**

What are your goals for the school year for classes, sports, or other activities?

What are your plans to achieve these goals?

What is one cool thing you learned today at school?

What is your favorite class in school? Why?

What is the most challenging class in school? Why? Who can you ask for help?

**ENGAGE**

**CONVERSATION STARTERS**

What is your favorite activity or club?

Who did you eat lunch with today?

Who is your favorite adult at the school? Why?

**EXPLORE**

**CONVERSATION STARTERS**

What would be your perfect college? Are you interested in going to a big or small school? Rural, urban or suburban?

Can you explain to me the sticker price v. the net price of colleges with an example?

**NOTES:**

# PARA FAMILIAS LISTA PARA GRADO 10

# ES UN PLAN

## — LOGRA ÉXITO —

### Logra éxito en la escuela.

- Ayude a su estudiante a establecer metas.
- Sea vocal sobre sus expectativas académicas.
- La asistencia es importante; asegúrese de que su estudiante vaya a clase.
- Pregúntele a su estudiante sobre sus clases, maestros, tareas y otros trabajos.
- Ayude a su estudiante a practicar sus habilidades de comunicación escrita y oral.

### Toma clases apropiadas.

- Hable con el personal de la escuela para asegurarse que su estudiante esté en camino de graduarse.
- Anime a su estudiante a tomar las clases avanzadas.

### Organízate.

- Ayúdele a su estudiante a encontrar un lugar para estudiar y establezca una rutina de tarea.
- Ayude a su estudiante a crear un archivo de documentos importantes.

### Prepárate por los exámenes.

- Anime a su estudiante que tome los exámenes de PSAT o ACT proveídos por ASPIRE y revise los resultados con su estudiante y la escuela.

## — PARTICIPA —

### Involúcrate.

- Anime a su estudiante a que participe en actividades extracurriculares y oportunidades de liderazgo.
- Involúcrese—haga tiempo voluntario en la secundaria, hable con los maestros, y asista a los premiaciones y actividades.
- Ayude a su estudiante a inscribirse en programas de verano o oportunidades de voluntariado.

### Pasa tiempo con gente buena.

- Conozca a los amigos y padres de su estudiante.
- Ayude a su estudiante encontrar un adulto de confianza o un estudiante mayor que puede servirle como un mentor.

### Toma buenas decisiones.

- Ayude a su estudiante a entender el comportamiento adecuado y seguro en las redes sociales y en el teléfono.
- Comparta sus expectativas y los riesgos de beber alcohol, hacer drogas, y tener sexo.

## — EXPLORA —

### Explora opciones universitarias.

- Hable con su estudiante sobre sus futuras metas profesionales.
- Comparta sus expectativas sobre la asistencia del colegio.
- Ayude a su estudiante pensar en cuales son las más importante en un colegio.
- Ayude a su estudiante crear una lista de colegios y universidades que le interesen.
- Participe como chaperón para las excursiones escolares o visite un campus universitario con su estudiante.
- Explore los colegios/universidades de su estudiante usando las paginas web y redes sociales.

### Aprende acerca de como pagar.

- Usted puede pagar la universidad. Aprenda sobre la ayuda financier.
- Explore los diferentes costos de cada colegio; llene el FAFSA4Caster y explore el precio neto.
- Abra y contribuya regularmente a una cuenta de ahorros de colegio para su estudiante.
- Busque cuentas de ahorros que proporcionan dinero extra para la universidad.
- Anime a su estudiante a buscar becas y a aplicar a cualquiera que este disponible.





## LOGRA ÉXITO

### TEMAS DE CONVERSACIÓN

¿Cuáles son tus metas para el año escolar?

¿Cuáles son tus planes para alcanzar estos objetivos?

¿Qué es una cosa que aprendiste hoy de un profesor? ¿Qué es una cosa que aprendiste de unos de tus compañero de clase?

¿Qué nueva idea o pensamiento que tuviste hoy?

¿Qué libro, revista o página web que has leído recientemente?  
¿que es lo que te gusta o disgusta?

## PARTICIPA

### TEMAS DE CONVERSACIÓN

¿Qué actividades deseas continuar del año pasado? ¿Qué nuevas actividades, deportes o clubes quieres intentar este año?

¿Con quién pases la mayoría de tu tiempo durante el día?

¿Cuando tienes tiempo libre en la escuela, dónde lo dedicas?

¿A que amigo o adulto eres más probable de preguntarle cuando tienes una pregunta sobre lo que esta pasando en la escuela?

## EXPLORA

### TEMAS DE CONVERSACIÓN

¿Qué trabajo o carrera te suena interesante? ¿Conoces a alguien que tiene este trabajo?

¿Sino, como podrías conocer a alguien en esa carrera?

¿Qué crees que quieres hacer después de la preparatoria? ¿Por qué?

NOTAS: