



# COLLEGE CHECKLIST FOR MIDDLE SCHOOL

**Academics are the most important factor in getting into and graduating college. Build good habits now that will help you be successful in high school and college.**

- Go to all of your classes. Attendance matters!**
- Turn in all assignments.**
- Discover how you learn best. Adopt strategies to support your learning preferences.**
- Learn how to take notes, make outlines, and do research.**
- Find a system that works for you to keep track of class material.**
- Use a paper or digital planner to keep track of assignments and deadlines.**
- Ask for help from teachers, parents, counselors, and friends.**
- Challenge yourself with honors or advanced classes, if available at your school.**
- Take Pre-Algebra and Algebra. It's a jumpstart on high school math!**
- Take a foreign or world language if offered.**



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**Extracurricular activities give you the chance to explore your interests and make friends.**

- Participate in school and community activities.
- Volunteer for an organization or cause you care about.
- Make a plan for summer like volunteering or attending camps.
- 8TH GRADE: Attend high school orientation.

**Who you hang out with matters. Get a support system of people who want to see you succeed.**

- Choose friends that share positive goals and interests.
- Find a mentor – a teacher, counselor, coach, other trusted adult or older student that you can talk to.
- Take care of your physical and mental health. Exercise, eat healthy and get enough sleep.
- Be safe online and on your phone.
- Avoid risky behaviors like drinking, doing drugs, and having sex.
- Be kind; treat others with respect.