

Middle School: College Checklist

IT'S A PLAN

Getting ready for college starts now. Find out how you can prepare for your future.

ACHIEVE

Do well in 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.

Take the right classes.

Set yourself up for high school by taking advanced or elective classes offered at your school.

- 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.

ENGAGE

Get involved.

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.

Spend time with good people.

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.

Make good choices.

Practice healthy, safe, and kind behaviors.

- 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.



EXPLORE

Explore college and career options.

You can go to college. There are countless possibilities when it comes to both college and career. Keep your options open as your goals, interests, and preferences change.

- Explore careers that match your interests. Learn what type of education you will need.
- Set goals and talk to others about your future dreams.
- Discover why college is important and the benefits of getting a degree.
- Get to know colleges. Take a virtual tour or if possible, visit a college campus.

Learn about paying for college.

You can afford college. Learn about the costs and how to pay for college.

- Learn about financial aid and other ways to pay for college.
- Set up and regularly contribute to a college savings account.
- Make a list of scholarships and apply to any available to you now.

HELPFUL RESOURCES

Oregon Goes To College

oregongoestocollege.org

Oregon's go-to resource for information about getting ready for education beyond high school. Learn how to prepare, explore, apply, pay and go to college.

OSAC

oregonstudentaid.gov

Learn about Oregon's state financial aid programs including the Oregon Opportunity Grant, Oregon Promise, and OSAC scholarships.

BigFuture

bigfuture.collegeboard.org

Discover how to prepare for college. Find the right college for you — search by location, major, and other criteria.

College Scorecard

collegescorecard.ed.gov

Search and compare colleges across the country with data on cost, graduation rate, and more.

