

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.



Learn more: oregongoestocollege.org/itsaplan

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IT'S A PLAN

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:

