



College Counseling – Freshman Year

What Should I Be Doing This Year to Prepare for College?

Here are some suggestions and tips to help you make the most of your first year as an Eagle and set you up for success for your future college application process.

- ✓ **Academics** - Focus on doing the best you can in your classes. Attend office hours with your teachers for help or questions, utilize our NHS tutoring after school in the library, and reach out to your school counselor if you need any additional help. Freshman year grades *do matter* at many colleges and are used for progression into more rigorous SM courses, so do your best and learn all you can!
- ✓ **Involvement** – Join clubs, attend school events, sign up for volunteer experiences, and explore all types of activities offered. Read the Eagle Update, Daily Announcements, and TEAMS information for opportunities. SM Activities and Campus Ministry always have great ideas and events for students. This is the year to try a variety of extracurriculars to discover what you genuinely enjoy.
- ✓ **Resume Organization** – Create a document that you will use to add any award received or activities. Keep adding to it as you go through school, and you will be very prepared for this aspect of the college application process!
- ✓ **Scholarships and Contests** – You can start applying for scholarships now! Click [HERE](#) for SM's comprehensive list of options!
- ✓ **Time Management** - Keep track of homework, projects, and tests and plan ahead for tests. Start to develop strong study habits and avoid procrastination!
- ✓ **Honor Societies** – SM offers various honor societies you can join depending on your interests and academic achievements. Freshman can apply to the California Scholarship Federation after you complete your first semester. Review the list [HERE](#) and pay attention to deadlines as these have short application windows!
- ✓ **Class Schedule** – Read through the [SM Course Description Book](#) to begin looking at academic pathways and requirements. Make a list of questions and schedule a meeting with your school counselor to discuss.
- ✓ **Visit a College** – Stop by a local college campus or visit a nearby school while on vacation. Look around, take a tour, and get an idea of what college is like!

Have fun and enjoy your freshman year as you meet new friends and create memories!