Get Involved

Get involved in clubs, activities and sports! Why?? 1. Define your Identity - discover who you are and what you like - find your niche! 2. Success - studies show that more involvement in high school generally leads to more success in classes. 3. Enrichment - expand your horizons, you may even stumble on a potential career! Club Fair is on Tuesday, September 8th.

Grades Matter!

Take your classes seriously, because Sophomore grades count (and breathe a sigh of relief if your grades weren’t so hot freshmen year)! Grades count in two ways:

1. College applications: since you will apply for college at the beginning of your senior year, and since freshmen year doesn’t count, the only grades posted on your college applications will be those of sophomore and junior year!
2. Financial Aid: when you apply for a Cal Grant (free money from the state to help pay a sizable chunk of your tuition - if eligible), they determine a portion of your eligibility based on your sophomore and junior year GPA.

Give! (Community Service)

If you haven’t already started, begin putting in a few hours of community service. Here are several reasons why: 1. Giving back to your community - pay forward what others have done for you! 2. It looks impressive on College applications. 3. Most scholarship applications require community service - the more hours the better. 4. Gain valuable work experience - volunteering often becomes your first job, showing future employers that you have some experience. 5. Networking/recommendations - working with other adults (and making a good impression!) gives you resources for letters of recommendations and future job possibilities. 6. Helps refine your career path - volunteering often gives you a glimpse into various careers and can help you decide if it’s a potential career for you or not.

The Community Service Fair will be held on Thursday, September 17th, during lunch!
Upcoming Dates:
- September 8 – Club Fair at lunch
- September 17 – Community Service Fair at lunch
- October 5 – College Fair 6:30 – 8:30
- October 14 – PSAT test (sign up in the Career Center)

Helpful Websites:
- Naviance: https://connection.naviance.com
- College info: www.californiacolleges.edu

SAT Question of the Day
www.collegeboard.org/practice

Go To College
Start now on your path to college. Here are several things you can do to help you along the way:

1. Attend College Fair on October 5th, 6:30 – 8:30! A great place to explore your options – check out the breakout sessions: Military Academies, NCAA recruiting, and CSU/UC Admissions.
2. Sign up for the SAT question of the day. Log onto www.collegeboard.org/practice to take advantage of this free resource.
3. Take the PSAT test in October. Although optional for sophomores, it is a great tool for preparing for the SAT test (needed to gain entrance into college). Students who took the PSAT in both their sophomore and junior years scored 127 points higher than students who only took the PSAT their junior year. PSAT test is October 14th.
4. ‘College of the Month’ – familiarize yourself with new colleges by checking out the featured school each month up in the Career Center. Sign up for the drawing, and visit with the reps when they stop by.
5. Take advantage of Sac State fieldtrip in the spring (tentative date 4/21).
6. Visit Colleges with your family! Plan ahead and schedule a tour.

Gain a Career
The ultimate outcome of high school is to direct you down a path to a career. The earlier you can discover what you want to do, the fewer detours you have to take, and the sooner you can land in your dream job. Here are some resources to help:

1. Career Expo – coming up March 16, 2016. It’s a great way to explore some options. Remember, it is just as valid to eliminate careers from the potential list as it is to add them. Plan on attending that evening with your folks.
2. ASVAB test – coming next April, the ASVAB is not only the military entrance exam, but it is also a Career Exploration guide (without any military implications). It’s a great tool for career exploration, and it’s free.
3. Websites: check out www.naviance.com/umhsca Username and password information are on the back of your ID card. Check out the various surveys on the ‘Careers’ tab.
4. Find a job: it too, can help you down a career path. Sometimes there are job posted on the bulletin board. Once you have secured a job you will need to fill out the work permit form and return it to the Career center, for processing in 24 hours. Remember, you need good grades (2.0 or higher) in order to maintain your permit.