

## **Freshman through Junior Year College Prep**

**SUSIE KEENEY** – Academic Counseling – College Application Assistance – Athletic Recruiting  
– ROTC Application/Recruiting Process – Interviewing Prep  
CHS Graduate – NCAA Athlete – Mom of 2 Launched CHS Grads - (This is new! Woot Woot!)  
Formally Director of John Harvard Academy – 7 years  
\*For an appointment please call or text 619-990-1773

### **Freshman Year**

- Plan your 4-year academic curriculum with your counselor and parents.
- Commit to academic excellence – especially in areas of interest.
- Get to know your teachers (Understand how to study – people care about people they know.)  
Get to know your counselors!!
- Get involved at Coronado High School.
- Get involved in extracurricular activities that interest you.  
(Try 3-5 activities and you may like 2 you can stick with for four years.)
- Find something fun to volunteer at during the summer that aligns with your interest.
- Read something outside your academic requirements: books, magazines, newspapers.
- In the summer review math and continue reading at a high level to help with the PSAT your sophomore and junior year.
- Keep a file of your achievements: activities, accomplishments, volunteer work, club sports, COSA, your special niche.
- Visit colleges here in San Diego and also while on vacation – Seriously, start now and have fun with it.
- Parents, what motivates you to do your job everyday?
- Sit down with someone and go through a plan of action and discover career ideas that might interest you.
- [MyPlan.com](http://MyPlan.com) Great way to do a self-assessment of what field you may excel in.
- Athletes-start contacting coaches and understanding how the recruiting process works.

### **Sophomore Year**

- Academics are the strongest indicators of your ability to work hard.
- Concentrate on keeping your grades up – again your teachers can help.
- Review courses to make sure they match up with the colleges you want to attend, the more difficult it is to get into a school the more rigorous the courses may need to be (Depends on your background and niche.)
- You will be taking the PSAT again in October at CHS. When results are available, review the questions you missed AND understand why you missed them.

- Review your PSAT results and practice on your weaknesses. The reading in the summer will help you so much with the ACT and SAT.
- Continue killing it in your extracurricular activities, and keeping records of your community service hours, what you've learned from your experiences, and if possible, please try to make it meaningful to you.
- Attend the free National College Fair at the San Diego Convention Center  
April 18, 2019      9am-12pm      6:00-8:30pm
- Consider SAT Subject Tests for AP classes when you excel in them.
- Discuss college with your parents and any financial considerations.
- If 16, consider a job, or an internship in areas of interest.
- In the summer, keep reading, practicing math, and go on college tours.
- Keep contacting coaches!

## **Junior Year**

- THIS IS THE MOST IMPORTANT ACADEMIC YEAR. This may be the last full year of grades on your transcript you will attach to your college application. Explain.
- When CHS has college representatives on campus, go meet them!
- Visit schools over your breaks or when you have an unusual day off.
- Look for leadership opportunities in your activities: ASB – Class Leadership – Sports – Clubs – COSA.
- Understand the difference between private/public, urban/rural, etc.
- Test Prep – You may prefer either the ACT or SAT take both.
- Take the ACT and or SAT as many times as you need – SuperScore when you can.
- Summer Plans – make them in March – how can you maximize your summer to widen your college opportunities: Work, community service, Intern or Shadow.
- Ask teachers if they will write you a letter of recommendation for your college. apps. Some ask you to fill out a packet so attacking it in the summer will help.
- Naval Academy, Air Force Academy, any Academy, apply for Summer Seminar.

## **Senior Year**

- Summer: Develop a "College Application Plan" like a marketing plan with dates and deadlines – stick with it! You will be so happy you did.
- Summer: Complete your Personal Statement (essay) for the Common Application. Brainstorm with your parents, counselors, or people like me. This can be a fun experience!! Make sure the person who helps you with your essays KNOWS YOU, your background, and what you are trying to achieve. It's important.
- ROTC-Academy kids start applications in the summer.
- ACT and SAT Prep – Really matters for merit money and acceptance.
- Understand Early Decision – Early Action – Regular Decision
- Anything I can do to help, I am here! – THANK YOU!