

# Attachment: J

## SOPHOMORE CHECKLIST FOR: \_\_\_\_\_

- \_\_\_\_\_ Update your Student Involvement Profile
  - \_\_\_\_\_ Fall (Academic Advising)
  - \_\_\_\_\_ Spring (Academic Advising)
  
- \_\_\_\_\_ Update your NHS Academic and Career Plan (with Counselor)
  - \_\_\_\_\_ Write your 10th Grade Goals (Fall with Counselor)
  - \_\_\_\_\_ Update with freshman PreACT test results (Previous Spring or Fall with Counselor)
  - \_\_\_\_\_ Update your 4 Year Plan (Fall/Winter with Counselor)
  - \_\_\_\_\_ Update with your Xello Career Result Information (Winter with Counselor)
  - \_\_\_\_\_ 10th Grade Goal Reflection (Spring with Counselor)
  
- \_\_\_\_\_ Complete Assessments in Xello
  - \_\_\_\_\_ Matchmaker & Personality Quiz Review
  - \_\_\_\_\_ Complete Learning Style
  - \_\_\_\_\_ Complete Skills Lab
  
- \_\_\_\_\_ Complete 10th Grade Lessons in Xello; over course of year as time allows
  - \_\_\_\_\_ Lesson # 1: Careers and Lifestyle Costs
  - \_\_\_\_\_ Lesson # 2: Work Values
  - \_\_\_\_\_ Lesson # 3: Workplace Skills and Attitudes
  - \_\_\_\_\_ Lesson #4: Program Prospects
  
- \_\_\_\_\_ Create Time & Stress Management Plans (Sept & Oct with Counselor)
  
- \_\_\_\_\_ Complete ACT Mosaic SEL Assessment (Fall with Academic Advisor)
  
- \_\_\_\_\_ Attend UWSP/CVTC University vs Tech Presentation in English 10/Counselor (Oct)
  
- \_\_\_\_\_ Attend Military vs Workforce/Apprenticeship Presentation in English 10/Counselor (Nov)
  
- \_\_\_\_\_ 10th Grade Post Secondary Plans Project (GRADED) in English 10/Counselor (Dec-Jan)
  
- \_\_\_\_\_ Individual Sophomore Meeting to plan for 24-25 class schedule/Counselor (Nov-Dec)
  
- \_\_\_\_\_ ASVAB Test and Career Seminar (January)
  
- \_\_\_\_\_ Attend ACP Night & Register for 24-25 Classes (January-February)
  
- \_\_\_\_\_ Attend Health Relationships Presentation (PDC)in class/Anger Assessment (February)
  
- \_\_\_\_\_ Attend 10th Grade ACP field trip to UWEC and CVTC (March)
  
- \_\_\_\_\_ Create a resume (GRADED) and attend Mock Interview in English 10 (April/May with Counselor & English 10 teacher)
  
- \_\_\_\_\_ Attend 10th Grade MACCI Career Expo Field Trip (April)
  
- \_\_\_\_\_ Other: \_\_\_\_\_

**OVER --->**

**End of Year Reflection:**