



Sophomore Year Check List for Academic Success

- ✓ Attend classes daily prepared to perform your best
- ✓ Complete and submit all assignments on time
- ✓ Maintain good study habits and distraction-free study area
- ✓ Participate in study/support group(s) of your peers
- ✓ Challenge yourself academically
- ✓ Stay organized and take good notes while in class, which will assist you in remembering important points when preparing for an exam or completing an assignment
- ✓ Review notes daily in order to keep information fresh in your mind
- ✓ Establish positive rapport with your teachers and maintain rapport with your counselor
- ✓ Get involved with extracurricular activities
- ✓ Work with your caretaker and counselor in order to narrow down career/vocational interests and communicate this plan with your case manager
- ✓ Seek out professional mentors and/or internships based on your interests
- ✓ Utilize area libraries in order to improve reading skills
- ✓ Identify academic goals for each quarter
- ✓ Begin to explore institutions of higher learning. Inquire about the different types of schools and decide which characteristics about the schools are most important to you
- ✓ Take care of your health, get proper rest, exercise and nutrition
- ✓ Avoid using tobacco, alcohol, drugs and engaging in other risky behavior



Preparation + Planning + Action = Academic Success

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