Preparing for College and Post-Secondary Success
PARENT & FAMILY CHECKLIST
Help your student achieve their academic goals!

EMPHASIZE your student’s need to continue to do well in school

☐ Help your student set goals and plans for the academic year.
☐ Emphasize the importance of attending school every day.
☐ Review schoolwork and grades with your student regularly.
☐ Support your student by helping them adopt good study habits.

CHOOSE the right classes

☐ Have your student select classes with their school counselor.
☐ Be present and be vocal in your expectations of your student.
☐ Meet with your student’s school counselor to verify that your student is on track to graduate and possibly on track for a Bright Futures Scholarship.

HELP your student to be organized

☐ Review your student’s study and organizational needs and make any necessary changes.
☐ Consider adding a list of your student’s activities to a portfolio/electronic portfolio in order to facilitate completing the college resume/application.

HELP your student to prepare for college admissions tests

☐ Explore college test preparation techniques and use free online practice tools such as Khan Academy if needed.
☐ FALL: Have your student take the PSAT/NSMQT to qualify for scholarships.
☐ WINTER: Have your student take practice tests and learn helpful tips for the SAT or ACT.
☐ SPRING: The School District offers all juniors a free SAT during the school day. Consider having your student sign up for and take the ACT or another SAT in the late spring or summer to improve their scores. (Fee waivers for these tests are available if needed.)

SUPPORT student involvement

☐ Encourage participation in school and community activities.
☐ Consider involving your student in volunteer organizations that you support.

Adapted from “Oregon Goes To College”
Hosted by
BE MINDFUL of who your student is spending time with
- Consider finding a mentor or trusted adult with whom your student can talk.
- Acknowledge and commend your student’s positive behaviors and actions.

HELP your student make good choices!
- Monitor social media and discuss the importance of your student’s digital footprint, as online activity may be seen by colleges and future employers.
- Discuss the consequences of risky behaviors like drinking, drugs, etc.

HELP your student examine college and career choices
- Research different college and career options, and attend college fairs.
- Create a list of potential colleges including majors, location, tuition, fees and admissions requirements.
- Make a list of application deadlines for each of the colleges your student is interested in.
- Visit your top college choices. Request a tour and get answers to your questions.
- Explore training programs as well as registered apprenticeship opportunities that can provide career-ready certificates.

LEARN about paying for a post-secondary education
- Speak with a school counselor or college official about financial aid. Explore available scholarships online.
- Look at your colleges individually to see how their tuition and fees add up.
- Complete the FAFSA4Caster (Federal Application for Student Aid Forecaster) to estimate how much financial aid you may be eligible to receive.
- Contribute to a post-secondary education savings account. Have your student contribute as well, with money earned from after-school or summer jobs.

AchievePBC.org
Ensuring College Access and Success

Adapted from “Oregon Goes To College”