

7th Grade Checklist

	Make sure your counselor knows you are a LFYS Program student and are on the “college track.”
	Attend summer camps to explore future career options-Which did you attend? _____
	<p>Begin career assessment/exploration from the websites below:</p> <ol style="list-style-type: none"> 1. Mynextmove.org 2. https://www.okcollegestart.org/Career_Planning/_default.aspx 3. https://okcareerguide.kuder.com/landing-page 4. http://www.rsu.edu/campus-life/student-resources/career-services/assess-explore/
	Attend LFYS Program Steps 4 Success classes led by Karen Lowe-Alton.
	Create goals and if required report back to office about them at Quarterly Meeting.
	<p>Are you making progress towards achieving summer goals? We will review in December. Steps taken: _____</p> <p>_____</p> <p>_____</p>
	Report to LFYS Program group at Quarterly Meeting about summer camp benefits/experience.
	Discuss next year’s class enrollment with your mentor.
	Have you visited: _____ OKWU _____ OSU _____ RSU _____ Other
	<p>If you qualify, we highly recommend the Duke TIP Program to take the ACT this year. Qualifiers include:</p> <ul style="list-style-type: none"> • Scoring at or above the 95th percentile on an accepted grade-level national standardized achievement or abilities test • Scoring at or above the 95th percentile on a state assessment • Scoring 125 or above (full scale or composite) on an accepted IQ test that is no more than two years old <p>Has the school contacted you about this? _____ Yes _____ No</p>

8th Grade Checklist

	Sign up for Oklahoma's Promise--- https://www.okhighered.org/okpromise/ . Bring acceptance letter or email to office (or include the LFYS Program email as a recipient, loweyoungscholar@aol.com).
	Attend summer camps to explore future career options-Which did you attend?_____
	Create goals and if required report back to office about them at Quarterly Meeting.
	Report to LFYS Program group at Quarterly Meeting about summer camp benefits/experience.
	Ensure your counselors know you are a LFYS Program student and are on the "college track".
	Continue career assessment/exploration from the websites below: 1. Mynextmove.org 2. https://www.okcollegestart.org/Career_Planning/default.aspx 3. https://okcareerguide.kuder.com/landing-page 4. http://www.rsu.edu/campus-life/student-resources/career-services/assess-explore/
	Attend LFYS Program Steps 4 Success classes led by Karen Lowe-Alton.
	Are you making progress towards achieving summer goals? We will review in December. Steps taken: _____ _____ _____
	Report to LFYS Program group at Quarterly Meeting about summer camp benefits/experience.
	Do you have a career choice, list here: _____
	Is your career choice offered at the college you are interested in? Yes _____ No _____
	Have you visited? _____ OKWU _____ OSU _____ RSU _____ Other? _____
	Discuss next year's class enrollment with your mentor.
	Review/assess goals (done every summer with staff).

9th Grade Checklist

Sign up for Oklahoma's Promise--- https://www.okhighered.org/okpromise/ . Bring acceptance letter or email to office (or include the LFYS Program email as a recipient, loweyoungscholar@aol.com).
Attend summer camps to explore future career options-Which did you attend?_____
Create goals and if required report back to office about them at Quarterly Meeting.
Ensure your counselors know you are a LFYS Program student and are on the "college track."
Ensure you are taking all Oklahoma's Promise required classes: See attached sheet.
Continue career assessment/exploration from the websites below: <ol style="list-style-type: none"> 1. Mynextmove.org 2. https://www.okcollegestart.org/Career_Planning/default.aspx 3. https://okcareerguide.kuder.com/landing-page 4. http://www.rsu.edu/campus-life/student-resources/career-services/assess-explore/
Sign up for W.E. Pro\$per in 9 th or 10 th grade- September .
Are you making progress towards achieving summer goals? We will review in December. Steps taken: _____ _____ _____
Report to LFYS Program group at Quarterly Meeting about summer camp benefits/experience.
Leadership is important. Become involved in clubs both inside and outside of school. Take a leadership role in these activities. Team captain, president, vice-president, secretary, treasurer are great positions to have and to reflect on a pre-college resume. Are you involved in a leadership role? _____ How?_____
Investigate college entrance requirements at www.OKcollegestart.org .
Begin keeping a resume of your volunteer activities, club involvements, work history in your College Prep Guide.
Grades matter-work hard on your grades because colleges will view your transcript. Do you check your PowerSchool on a regular basis? Yes_____ No_____
While working at your W.E. Pro\$per job, seize this opportunity to ask your supervisor what type of education/degree is required to have his/her career? Education req.?_____
Have you visited? _____ OKWU _____ OSU _____ RSU _____ Other?_____
Report to W.E. Pro\$per job at next Quarterly Meeting after job is complete.
Do you have a career choice, list here:_____
Is your career choice offered at the college you are interested in? Yes_____ No_____
Review the College Prep Guide. Are you on track to be prepared for college life? Yes_____ No_____
Speak with your mentor about your class choices for the next year.
Review/assess goals (done every summer with staff).

10th Grade Checklist

	Last year to sign up for Oklahoma's Promise--- https://www.okhighered.org/okpromise/ . Bring acceptance letter or email to office (or include the LFYS Program email as a recipient, loweyoungscholar@aol.com). Must be completed by June 30th of this year!!
	Attend summer camps to explore future career options-Which did you attend? _____ Report on experience/benefit at Quarterly Meeting.
	Create goals and if required report back to office about them at Quarterly Meeting.
	Ensure your counselors know you are a LFYS Program student and are on the "college track." Have you met with your counselor?_____ How many times?_____
	Ensure you are taking all Oklahoma's Promise required classes: See attached sheet.
	Take ACT. Request "Test Information Release" for an extra fee (if available). This will provide you with a list of your answers/the correct answers to assist to study for future tests. LFYS Program pays for up to 3 Tests (See our Policy). http://www.actstudent.org .
	After taking the ACT, sign up for concurrent enrollment at OKWU or RSU. This allows you to get credit for the class both in high school and college. See the LFYS Program Concurrent Policy. RSU- http://www.rsu.edu/admissions/admission-requirements/concurrent-students/ OKWU- https://www.okwu.edu/accelerate/ Talk to us and BPS about this opportunity and costs.
	Continue career assessment/exploration from the websites below: 1. Mynextmove.org 2. https://www.okcollegestart.org/Career_Planning/default.aspx 3. https://okcareerguide.kuder.com/landing-page 4. http://www.rsu.edu/campus-life/student-resources/career-services/assess-explore/
	Sign up for W.E. Pro\$per in 9 th or 10 th grade- September .
	Are you making progress towards achieving summer goals? We will review in December. Steps taken: _____
	Use ACT Prep Resources, Books in Office, and Classes. Link: http://bit.ly/LFYS_ACT
	Work! The only way to truly value a good education is to work in a job that doesn't require a college degree. Do you work? _____ Where? _____ Doing what? _____
	Update your resume with work history, volunteer events, club involvements, awards and other activities and store in your College Prep Binder. Review the binder. Are you on track to be prepared for college life? Yes _____ No _____
	Grades matter-work hard on your grades because colleges will view your transcript. Do you check your PowerSchool on a regular basis? Yes _____ No _____
	While working at your W.E. Pro\$per job, seize this opportunity to ask your supervisor what type of education/degree is required to have his/her career? Education req.? _____
	You must have visited the university that you are planning to attend in order to receive scholarship there. If you haven't, set up a tour ASAP through the links below. _____ OKWU- https://www.okwu.edu/visit/ _____ OSU- https://admissions.okstate.edu/visit/ _____ RSU- http://www.rsu.edu/admissions/visit-campus/ _____ Other University-Which? _____
	Report to W.E. Pro\$per job at next Quarterly Meeting after job is complete.
	Do you have a career choice, list here: _____
	Is your career choice offered at the college you are interested in? Yes _____ No _____
	Review your career choice with your income expectations by creating a mock budget: http://www.oklahomamoneymatters.org .
	Try to locate (mentor can assist) people who have your interested career. Find out what degree is required, salary range, experience helpful, high school classes they recommend.
	Did you take AP courses? _____ Make sure you take the AP exam to receive college credit. LFYS Program will pay for up to 3-See our Policy. https://apstudent.collegeboard.org/takingtheexam
	Students making 3.5 or higher GPA are encouraged to take the PSAT in October of their junior year. Begin prepping this summer. Do you have a 3.5 GPA or higher? Yes _____ No _____
	Review/assess goals (done every summer with staff).

11th Grade Checklist

	Apply for RYLA Leadership Camp- July/August
	Attend summer camps to explore future career options-Which did you attend? _____ Report on experience/benefit at Quarterly Meeting.
	Create goals and if required report back to office about them at Quarterly Meeting.
	Begin/Continue to apply for available scholarships.
	Ensure your counselors know you are a LFYS Program student and are on the "college track." Have you met with your counselor? _____ How many times? _____
	Ensure you are taking all Oklahoma's Promise required classes: See attached sheet.
	Students making 3.5 GPA or higher are encouraged to take the PSAT this October . Good practice tests www.khanacademy.org .
	Use ACT Prep Resources, Books in Office, and Classes. Link: http://bit.ly/LFYS_ACT
	Take ACT. Request "Test Information Release" for an extra fee (if available). This will provide you with a list of your answers/the correct answers to assist to study for future tests. LFYS Program pays for up to 3 Tests (See our Policy). http://www.actstudent.org .
	After taking the ACT, sign up for concurrent enrollment at OKWU or RSU. This allows you to get credit for the class both in high school and college. See the LFYS Program Concurrent Policy. RSU- http://www.rsu.edu/admissions/admission-requirements/concurrent-students/ OKWU- https://www.okwu.edu/accelerate/ Talk to us and BPS about this opportunity and costs.
	Narrow career choices to at least 2. Career assessment websites below: 1. Mynextmove.org 2. https://www.okcollegestart.org/Career_Planning/default.aspx 3. https://okcareerguide.kuder.com/landing-page 4. http://www.rsu.edu/campus-life/student-resources/career-services/assess-explore/
	Attend Finance for Your Future program taught at Truity Credit Union.
	Are you making progress towards achieving summer goals? We will review in December. Steps taken: _____
	Work! The only way to truly value a good education is to work in a job that doesn't require a college degree. Do you work? _____ Where? _____ Doing what? _____ Remember to save up money for cap, gown, college applications, and housing deposit. Save now!
	Update your resume with work history, volunteer events, club involvements, awards and other activities and store in your College Prep Binder. Review and update the binder. _____
	Grades matter-work hard on your grades because colleges will view your transcript. Do you turn in all your homework? Yes _____ No _____
	You must have visited the university that you are planning to attend in order to receive scholarship there. If you haven't, set up a tour ASAP through the links below. Look into entrance requirements. ____ OKWU- https://www.okwu.edu/visit/ ____ OSU- https://admissions.okstate.edu/visit/ ____ RSU- http://www.rsu.edu/admissions/visit-campus/ ____ Other University-Which? _____
	Do you meet the admission requirements at your college choice? Yes _____ No _____
	Do you have a career choice, list here: _____
	Is your career choice offered at the college you are interested in? Yes _____ No _____
	This year or summer following visit advisors from colleges you are interested in (i.e. business, computer science, and engineering). _____
	Did you take AP courses? _____ Make sure you take the AP exam to receive college credit. LFYS Program will pay for up to 3-See our Policy. https://apstudent.collegeboard.org/takingtheexam
	Review/assess goals (done every summer with staff).

12th Grade Checklist

<p>Decide on a major/field of study. Take career assessment if needed. Look at salary range.</p> <ol style="list-style-type: none"> 1. Mynextmove.org 2. https://www.okcollegestart.org/Career_Planning/default.aspx 3. https://okcareerguide.kuder.com/landing-page 4. http://www.rsu.edu/campus-life/student-resources/career-services/assess-explore/
Create goals and if required report back to office about them at Quarterly Meeting.
Attend summer camps to explore future career options-Which did you attend? _____ Report on experience/benefit at Quarterly Meeting.
Attend Finance for Your Future taught by Truity Credit Union.
Ensure you are taking all Oklahoma's Promise required classes: See attached sheet.
Sept- Sign up for your FSA ID here https://fsaid.ed.gov/npas/index.htm .
Update your resume with work history, volunteer hours, club involvements, awards, and other activities. Store this in your College Prep Binder. Are you on track?
Take the ACT one last time either in October or December. Use the ACT Study Guide provided by LFYS Program and other resources here: http://bit.ly/LFYS_ACT .
After taking the ACT, sign up for concurrent enrollment at OKWU or RSU. This allows you to get credit for the class both in high school and college. See the LFYS Program Concurrent Policy. RSU- http://www.rsu.edu/admissions/admission-requirements/concurrent-students/ OKWU- https://www.okwu.edu/accelerate/ Talk to us and BPS about this opportunity and costs.
Oct- Visit university-apply and sign up for housing. Save application and housing funds (\$200-300)
Oct 1st- Fill out FAFSA form with previous year's tax info: https://www.fafsa.ed.gov . Don't wait until the last minute. Attend FAFSA assistance night or call the LFYS Program staff for assistance if needed.
Are you making progress towards achieving summer goals? We will review in December. Steps taken: _____
Grades matter-work hard on your grades because colleges will view your transcript. Do you turn in all your homework? Yes _____ No _____
Have you met with your counselor? _____ How many times? _____
Feb-Apr- Visit HS counselor webs site frequently for scholarships: https://sites.google.com/site/bhsstudentsplanning/scholarships . Also the LFYS Program Scholarship chart here: http://www.loweyoungscholar.org/lfys-student-resources_id133 . Note deadlines and don't wait until the last minute to fill out applications! Set a goal for a certain # and reach it!
Use FAFSA Forecaster to estimate Federal aid.
You must have visited the university that you are planning to attend in order to receive scholarship there. If you haven't, set up a tour ASAP through the links below. Look into entrance requirements. ____ OKWU- https://www.okwu.edu/visit/ ____ OSU- https://admissions.okstate.edu/visit/ ____ RSU- http://www.rsu.edu/admissions/visit-campus/ ____ Other University-Which? _____
Do you meet the admission requirements at your college choice? Yes _____ No _____
Do you have a career choice, list here: _____
Is your career choice offered at the college you are interested in? Yes _____ No _____
Review your College Student Aid Report (generated after your FAFSA) and correct any inaccuracies.
Did you take AP courses? _____ Make sure you take the AP exam to receive college credit. LFYS Program will pay for up to 3-See our Policy. https://apstudent.collegeboard.org/takingtheexam
Request that your high school send your transcript to the schools you have applied and request an extra copy for your College Prep Binder.
Promptly accept your financial award letter if required. Ensure you are not accepting any loans unless you need them. Contact the LFYS Program staff if you have any questions.
Print out the colleges' 4-year degree plans for your major choice. These are helpful for planning ahead and help you to decide whether or not to declare that major.
We encourage you to sign up for Camp Cowboy (OSU), Hillcamp (RSU), or Preview Weekend (OKWU). LFYS Program will pay up to the maximum for camp attendance if there is a cost.
Enroll as soon as possible in Freshman college courses per degree plan. Schedule an appointment with your college counselor to establish a relationship and receive assistance with classes.
Start thinking about what you want to do outside of academics in college: clubs, organizations, etc.
If a loan is needed, apply for the B.L.E.S.S. Fund.