

Sophomore to Junior Year Checklist

Spring of Sophomore Year/Summer Before Junior Year

- Think about your **future plans after high school**
 - Check your course requests with your counselor to make sure they follow your plan of study
 - Talk with your counselor to make sure you are on track to fulfill college admissions requirements
- (Rigorous Core)**
 - Talk to parents, guardians, counselors, etc about future plans and opportunities
 - Think about your skills, interests, and passions
- Register with the **NCAA/NAIA Eligibility Center** if you are interested in playing sports in college
- Start building your **résumé**
 - Look for summer jobs, volunteer, and internship experiences


Fall of Junior Year (1st Semester)

- Join a club or sport! Get involved! Ask your counselor if you need a place to get started
- Review **Graduation Requirements** and make sure you are taking all of the classes you need in order to graduate, and the ones that will prepare you for your future.
 - Update your 4 year plan online
- Review the **NCAA/NAIA Eligibility Standards** if you are planning on playing sports in college
- Begin to think about **plans for after high school**:
 - Attending a college/university
 - Start making a list of schools you may be interested in and consider and research:
 - Size, locations, cost, academic programs, campus life
 - Meet with college representatives and go on colleges visits
 - Joining the military
 - Start talking with military recruiters
 - Apprenticeship
 - Workforce
 - Job Corps (www.jobcorps.gov)
 - Training and Certification Programs
 - Billings Adult and Community Education (www.billingsadultcommunityed.org/)
- Attend the **College/ Career Fair** at MSU-B
- Take the **PSAT** in October. This is very important if you are planning to attend a four-year college after graduation. It is also used to determine National Merit Finalists.
- Log onto **Career Cruising (via Powerschool)** to help develop your future plans
 - Check out:
 - Suggested high school courses based on interests
 - Interest inventories
 - Career Path information
 - College Information
 - Scholarship Information
 - Résumé Builder
- Begin to prepare for **ACT or SAT tests**.
 - There are many resources available online, including on the Billings Senior High counseling website
 - <https://academy.act.org>
- Begin to develop a detailed **résumé**
 - Update your résumé with accomplishments, extracurricular activities, volunteer and work experience

Helpful websites:

- Billings Senior High Website
 - www.billingsseniorhigh.com
- Senior High Counseling Website
 - www.bshscounseling.weebly.com

Career Path Information:

- Mtcis.intocareers.org
- <http://www.mus.edu/MCP/>
- **Career Cruising** via PowerSchool
 - Log on to Powerschool
 - Click on box in top right hand corner---> 
 - This will direct you to Career Cruising
- **Inspire Billings**
 - Access through Career Cruising
 - Opportunities to connect with employers in Billings and set up internships, job shadowing experiences, and more!

Remind Info:

- **How to sign up for BSHS Counseling's Class of 2021 messages:**
- **To receive messages via TEXT:** Enter phone #: **406-206-9288**
Enter message: **@bshs21** ***You can opt-out of messages at anytime by replying, 'unsubscribe @bshs21'.*
- **To receive messages via EMAIL:** Email: bshs21@mail.remind101.com
- Subject: (You can leave the subject blank)
- ***To unsubscribe, reply with 'unsubscribe' in the subject line.*

Local Volunteer Opportunities:

- United Way Volunteer Center**
 - Search for current volunteer opportunities within a designated area
 - www.youcanvolunteer.org
- Billings Parks and Recreation**
 - Volunteer in groups or individually
 - <http://www.billingsparks.org/volunteer-opportunities>
- City of Billings**
 - <http://ci.billings.mt.us/2269/Volunteerin>
[g](http://ci.billings.mt.us/2269/Volunteerin)
- Billings Clinic**
 - Student volunteer opportunities and application:
 - <https://www.billingsclinic.com/careers/volunteers/>
- St. John's**
 - Assisting Senior citizens in various ways
 - <http://www.sjlm.org/volunteer/>
- Yellowstone Valley Animal Shelter**
 - <http://yvas.org/volunteer/>
- Help for Homeless Pets**
 - <http://www.helpforhomelesspets.org/help.html>
- Billings Family YMCA**
 - <https://billingsymca.org/support-our-cause/volunteer/>
- Just Serve**
 - Search by area for local opportunities
 - <http://justserve.org>
- Volunteer Match**
 - <https://www.volunteermatch.org/>