

freshman checklist

High School Classes

- Focus on your GPA!
- Make sure you are in the right classes!
(*English 1A, Math 1A, Science, Social Studies, Foreign Language*)
- Start to study for the Pre-SAT (PSAT)
- Get to know your teachers! They will be excellent supporters of your path through high school and beyond!
- Establish a tutoring schedule with your high school's UB Advisor and UB tutors

Upward Bound

- Meet with your Upward Bound advisor, tutors, and mentors at least once a week!
- Attend all Saturday activities
- Plan for the UB Summer Academy, mid-June through late-July!
- Attend all Upward Bound meetings!
- Work with your UB Advisor, tutors, and mentors to discover your interests and passions
- Get out and volunteer! Work with your UB Advisor to find a program or organization that fits your interests

School Activities

- Attend Upward Bound after school tutoring and activities Monday-Thursday
- Narrow your extracurricular activities to 2 or 3 that you are committed to doing through high school (clubs, sports, student government, band, theater, etc.)
- Learn about any special programs or extracurricular activities that might be a good fit for you

College & Career Prep

- Work with your UB Advisor to learn about "college fit" and discover what works for your interests and goals!
- Visit the websites of your dream colleges and take a virtual tour
- Think about careers you are interested in
- Start a list of your awards, accomplishments, extracurricular activities, and jobs that you can update throughout high school
- Learn about managing money & finances
- Discover your learning style and intelligence type--there are more than you may think!