

Roadmap



College and Career Counseling | 10th Grade

You have one full year of high school behind you! Sophomore year is a time to build on what you learned freshman year, explore your interests more deeply, and begin thinking about where those interests might take you. You do not need to have your future figured out yet. This year is about discovering what you enjoy, challenging yourself, and continuing to build a strong foundation for the years that follow.

What to do throughout 10th grade

☐ Keep your grades up and aim for your personal best. Continue developing strong academic habits and challenging yourself appropriately. Colleges will eventually review your entire high school academic record, so focus on consistent effort, growth, and doing your personal best. ☐ Stay connected with your counselor. Meet with your counselor to discuss your academic plans, extracurricular interests, and emerging college and career goals. Our open-door policy means you do not have to wait for a scheduled meeting to reach out. You can come see your counselor any time you have questions or need support.	☐ Update your resume on Scoir. Update your resume on Scoir at least once a year to keep track of your activities, service, employment, accomplishments, awards, and leadership experiences. Recording these experiences as they happen will make it much easier to remember them when you begin the college application process. ☐ Explore academically and personally. Continue exploring your interests through your classes and activities. Try new things, challenge yourself, and stick with the experiences that are meaningful to you. Sophomore year is a great time to discover new possibilities and deepen the involvement you already enjoy.	☐ Connect with Care Solace for mental health and wellness support. La Salle partners with Care Solace to help families find mental health and wellness support. This free and confidential service can connect you with a Care Companion 24/7/365. Support is available in 200+ languages, and Care Solace can assist with finding therapists that match your needs, insurance, and preferences. Click here.
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What to do during 10th Grade - Fall

☐ Take the PreACT — again. All sophomores will take the PreACT again in the fall. You will be able to compare your score to last year. Use your results to learn more about your academic strengths and identify areas you may want to strengthen before taking an official ACT or SAT during junior year. ☐ Begin exploring colleges through Scoir and campus visits. You do not need to build a college list yet, but you	can begin exploring. Use Scoir to research colleges and learn about different academic programs, campus sizes, locations, admission requirements, and student experiences. Save schools that catch your attention so you can revisit them later. You can also attend visits with college admission representatives at La Salle to learn about different schools, ask questions, and discover colleges you may not have considered. Sign up for college visits through Scoir.	☐ Attend local college and career fairs. College fairs are a great way to explore many schools in one place. Talk with representatives, ask questions, and learn about colleges you may not have considered before. Career fairs can also introduce you to professions and pathways connected to your interests. ☐ Attend the San Diego College Tour. Join your classmates and counselors for a one-day trip
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to visit colleges in the San Diego area. Use the experience to compare campuses and begin identifying what you might want in a college. Space is limited, so reserve your spot when registration opens. ☐ Connect with college athletic programs. If you are interested in competing in college athletics, begin learning about the recruitment process and the academic and athletic requirements	for collegiate sports. Stay connected with your current coaches and begin researching programs that may be a good fit. ☐ Begin learning about college affordability and financial aid. College costs can vary significantly, and the published price is not always what a family ultimately pays. Begin learning about financial aid, scholarships, grants, loans, and other resources that can	help make college affordable. You do not need to complete financial aid applications yet. The goal is simply to understand how paying for college works. La Salle families have access to SMARTTRACK® College Funding to explore financial aid, scholarships, and ways to make college more affordable.
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What to do during 10th Grade - Spring

☐ Participate in La Salle's Reality Fair. This fun, hands-on experience invites you into an adult simulation where you will use a realistic budget based on your career interests to make decisions about housing, purchasing a car, insurance, transportation, everyday expenses, and investments. Along the way, you will learn to prioritize needs versus wants and see how career choices and income can shape your lifestyle and financial opportunities. ☐ Plan your junior year courses intentionally. Work with your counselor during course selection to choose an appropriately challenging junior schedule that reflects your interests, strengths, and goals. Think about the subjects and activities you enjoy and explore the college majors and careers connected to them. You do not	need to know what you want to do yet, but your interests can help guide the courses and electives you choose. Junior year is an important academic year, so balance appropriate rigor with your extracurricular activities, responsibilities, and overall well-being. ☐ Attend La Salle's College Forum. The College Forum is our biggest college-planning event of the year for 9th–11th graders and their families. College admission representatives, industry experts, and guest speakers from athletics, test preparation, financial aid, and other organizations come to campus to lead sessions on college admission, career planning, and preparing for life after high school ☐ Attend the Santa Barbara College Tour. Join your classmates and counselors to visit colleges	in the Santa Barbara area. Compare different campuses, academic programs, locations, and student experiences while continuing to learn what you may want in a college. Space is limited, so reserve your spot when registration opens. ☐ Participate in La Salle's Wellness Day. Wellness Day gives you a chance to pause, recharge, and focus on your well-being during one of the busiest times of the school year. Learn about mental health, self-care, connection, and balance while enjoying activities designed to support your overall wellness. Past Wellness Days have included miniature therapy horses, a petting zoo, goat yoga, sound baths, DJ sets, food trucks, movement therapy, and a variety of art activities.
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What to do during 10th Grade - Summer

☐ Make your summer meaningful. There is no single “right” way to spend your summer. Work, volunteer, take a class, attend a summer program, travel, pursue an internship, develop a skill, help your family, or deepen an existing interest. Choose experiences that are meaningful to you and help you learn something about yourself or the world around you.	☐ Explore colleges without worrying about building a list yet. If you travel during the summer, consider visiting a nearby college. Explore different types of schools, including large and small campuses, public and private universities, and urban, suburban, or residential settings. Focus on learning what environments appeal to you rather than deciding where you want to apply. Use this College Visit Handout to guide you.	☐ Prepare for junior year. Junior year is when your college planning process will become much more individualized. Enter the year ready to challenge yourself academically, stay involved in meaningful activities, begin exploring colleges more intentionally, and start preparing for the ACT and/or SAT.
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