

Roadmap



College and Career Counseling | 11th Grade

Junior year is an exciting turning point as college and career planning kicks into high gear. This guide will help you explore your options, prepare for the college application process, and make the most of this important year.

What to do throughout 11th grade

- ☐ **Keep your grades up and aim at your personal best.**

At this point, you are halfway through your high school journey. If you had a strong start to high school, keep up the good work! If not, there is still time to demonstrate growth and an upward trend.

- ☐ **Stay connected with your counselor.**

This year, you will begin your individual college planning process with your counselor. Take advantage of your scheduled meetings, college planning programs, and our open door policy. You are in the driver's seat, but your counselor is here to help you explore your options, build a thoughtful college list, and prepare for senior year.

- ☐ **Update your resume on Scoir.**

Update your resume at least once a year to keep a record of your academic accomplishments, extracurricular activities, work history, and awards/honors. Remember to note your responsibilities for each experience, especially any leadership roles you served. Keeping your resume updated now will make completing college applications much easier next year.

- ☐ **Stay involved.**

Continue participating meaningfully in extracurricular activities. Colleges value students who pursue their

interests, contribute to their communities, demonstrate commitment, and make an impact. Look for opportunities to deepen your involvement or take on leadership roles when it feels authentic to you.

- ☐ **Explore academically and personally.**

Continue taking courses that interest and challenge you. Explore opportunities beyond the classroom through clubs, athletics, service, research, internships, summer programs, and La Salle's study abroad opportunities.

- ☐ **Connect with college athletic programs.**

Junior year can be an important time in the recruitment process. If you hope to compete in collegiate athletics, stay connected with your current coaches and communicate with college coaches and programs you are considering.

- ☐ **Attend on-campus visits with college representatives.**

Take advantage of opportunities to meet admission representatives visiting La Salle. These admission officers may potentially be reading your application next year. Visits are a great way to learn about colleges, ask questions, and, at colleges that consider demonstrated interest, show your genuine interest in the institution. Sign up on [Scoir](#).

- ☐ **Explore summer opportunities.**

Continue your academic, career, and personal growth by engaging in meaningful activities over the summer. Consider looking for an internship, job, or volunteer position. Use this time to further explore your interests and strengthen your resume for admission.

- ☐ **Tour college campuses.**

Start visiting colleges to learn what you like and do not like in a school. Even if you are not interested in applying to a particular college, visiting different types of campuses can help you identify your preferences for size, location, academics, campus culture, and student life.

- ☐ **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](#).

What to do during 11th Grade - Fall

❑ Take the PSAT. All juniors take the PSAT in October for National Testing Day. The PSAT provides valuable practice for the SAT and may qualify eligible students for recognition through the National Merit Scholarship Program. ❑ Begin exploring colleges on Scoir. Use Scoir to research colleges and begin identifying schools that interest you. Consider factors such as academic programs, location, campus size, admission selectivity, student life, support services, and cost. Save colleges you would like to explore further. Use this Balanced College List worksheet to help you stay organized.	❑ Attend the San Diego College Tour. Join your classmates and counselors for a one day trip to visit colleges in the San Diego area. College tours are a great way to experience different campuses and begin identifying what you want in a college. Space is limited, so reserve your spot when registration opens. ❑ Begin planning for the ACT and SAT. Review your PSAT and practice test results and determine whether you would like to take the ACT, SAT, or both. Colleges that consider standardized testing accept both exams equally, so focus your preparation on the test that best showcases your strengths. Students are recommended to take the official ACT and/or SAT in the spring of junior year.	❑ Estimate college costs and financial aid. Start talking as a family about the cost of college. Use Net Price Calculators to estimate costs and financial aid. La Salle families have access to SMARTTRACK@ College Funding to explore financial aid, scholarships, and ways to make college more affordable. ❑ Begin exploring and applying for scholarships. You do not have to wait until senior year. Some scholarships are open to juniors, so start exploring opportunities now. Search sites such as BigFuture Scholarships, Scholarships.com, Fastweb, and Scholarship America. Even if you are not eligible yet, learning about requirements now can help you prepare for senior year.
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What to do during 11th Grade - Spring

❑ Complete the Junior College Planning Survey on Scoir in January. Complete the survey to meet individually with your counselor. Your responses will help your counselor learn more about your interests, priorities, college preferences, and goals so your meeting can be individualized to you. Together with your counselor, you will begin developing a college list and prepare for the application process ahead. ❑ Prepare for and take the ACT and/or SAT. Spring of junior year is a good time to take your first official ACT or SAT. Use your previous practice results to determine which exam is the best fit for you and identify areas to focus your studying. Free test preparation are available through ACT.org and Khan Academy. La Salle also partners with Revolution Prep for free practice exams and small group or private tutoring.	❑ Take the February ACT—Testing fee reimbursed. To encourage students to experience an official college admission exam and have a score that may strengthen their college applications, La Salle will reimburse the testing fee for juniors who take the February ACT on campus. ❑ Plan your senior year courses intentionally. Work with your counselor during course selection to choose an appropriately challenging senior schedule that supports your academic goals and college plans. Colleges will review the courses you select for senior year, so continue demonstrating appropriate academic rigor. ❑ Attend the Santa Barbara College Tour. Join your classmates and counselors to visit colleges in Santa Barbara. Use the experience to compare different types of campuses,	academic programs, locations, and student experiences. Space is limited, so reserve your spot when registration opens. ❑ Attend Junior Camp College. Juniors will attend Camp College as part of Mentor. Counselors will lead breakout sessions on a variety of college planning topics, and students can choose the sessions that best match their interests and needs. ❑ Sign up in April for the Summer College Writing Workshop in June. Rising seniors can get a head start on their college essays at La Salle! The Counseling Department offers two summer writing workshops in June. Join us to turn your ideas into a first draft that highlights your strengths, growth, perspective, and what makes you unique. You will also step into the role of an admission officer to evaluate sample applications and learn
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firsthand how colleges make admission decisions. Space is limited, so reserve your spot when registration opens. □ Develop an initial college list. With thousands of colleges in the nation, there are many great options to explore. Begin identifying approximately 15–20 colleges that interest you. Consider academics, location, size, campus culture, admission selectivity, cost, and student support. Keep your list broad for now. You will continue researching and narrowing it before senior year.	□ Register with the NCAA or NAIA Eligibility Center for collegiate sports. Students planning to compete in NCAA Division I or II athletics should register with the NCAA Eligibility Center and request that their transcript be sent. Students interested in competing at an NAIA college should register separately with the NAIA Eligibility Center. □ 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 11th Grade – Summer

□ Visit colleges on your list. Use the summer to visit colleges when possible. Attend an information session, take a campus tour, explore the surrounding community, and talk with students or admission representatives. Consider whether you can envision yourself learning and living there. Use this College Visit Handout to guide you. □ Narrow your college list. Continue researching the colleges you identified during junior year. Your goal is not to have a final list yet, but to enter senior year with a manageable group of schools you are seriously considering. Begin organizing your list into safety, target, and reach categories, with a good range of options in each. □ Make your summer meaningful. The summer before senior year may be your last opportunity to add new experiences and accomplishments before submitting college applications. Use your time intentionally by taking a class, working, volunteering, pursuing an internship, finding leadership opportunities, developing a skill, or deepening an interest. Look for meaningful experiences that can strengthen your resume and give you new stories, perspectives, or growth to share in your college essays.	□ Write the first draft of your college essay. Summer is an excellent time to begin your Common App personal statement and UC Personal Insight Questions without the pressure of senior year coursework. Focus on telling your story and helping colleges learn something meaningful about you that they cannot find elsewhere in your application. Visit the College Essay Guy for helpful resources. □ Prepare for your final ACT or SAT exams. Use the summer to prepare for any ACT or SAT exams you plan to take in the fall. Review your previous scores, identify areas for improvement, and focus your studying so you can enter senior year ready for your final testing opportunities. □ Start your college applications — Opens August 1. The Common App, UC, and Cal State applications become available August 1. Create your accounts and begin working on the sections you can complete before senior year begins. Starting early will make the fall much more manageable. □ Develop your art or design portfolio. If you plan to apply to an art or design program, use the summer to build and refine your portfolio. Review the	requirements for colleges you are considering, select pieces that showcase your skills and creativity, and continue creating new work. Take advantage of portfolio reviews and feedback to strengthen your work before applying. □ Explore the QuestBridge National College Match. High achieving students from low income backgrounds should explore QuestBridge, which connects students with full four year scholarships at highly selective partner colleges. Use the summer to review eligibility and application requirements and begin preparing your materials before the application opens in late summer. □ Considering a U.S. Service Academy? Start the application process. Students interested in a U.S. Service Academy should begin researching requirements and preparing early. The process may include a congressional nomination, medical examination, Candidate Fitness Assessment, interviews, and academy specific application materials. Use the summer to review requirements and deadlines and to begin your application.
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