

# Roadmap



College and Career Counseling | Grades 9-12

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College and Career Counseling | 9th Grade

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*Off you go on your high school adventure! Freshman year is a time to adjust to high school, build strong habits, discover your interests, and make the most of the opportunities around you. You do not need to have your future figured out yet. Focus on building a strong foundation and exploring the experiences that will help you grow throughout high school.*

What to do throughout 9th Grade

- ☐ **Keep your grades up and aim for your personal best.**  
Freshman year is the beginning of your high school academic record. Focus on developing strong study habits, managing your time, asking for help when you need it, and doing your personal best. The habits you build now will help you throughout high school.
- ☐ **Connect with your counselor.**  
Your counselor is here to help you navigate high school, plan your academics, explore your interests, and support your overall well-being. Take advantage of your scheduled meetings and our open-door policy. Come see your counselor whenever you have questions or need support.

- ☐ **Build your resume on Scoir.**  
Create your resume in [Scoir](#) as a freshman and update it at least once a year to keep a record of your academic accomplishments, extracurricular activities, work experience, and awards and honors. Be sure to note your responsibilities, especially any leadership roles you held.
- ☐ **Get involved.**  
Use your freshman year to discover what you enjoy through your classes and activities. Some of the best parts of high school are the memories you will make and the people you will meet. Academics are very important, but they are not everything. Colleges also value students who pursue meaningful

interests, contribute to their communities, and make the most of the opportunities available to them.

- ☐ **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 throughout 9th Grade - Fall

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| <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Create a four-year roadmap.</b><br/>Think about what you hope to accomplish in the next four years. Work with your counselor to map out your coursework. Use your roadmap as a guide and revisit it each year, making adjustments as your interests and goals evolve.</li> <li><input type="checkbox"/> <b>Learn how to be a successful high school student.</b><br/>High school brings new expectations and greater independence. Develop routines for managing your time, tracking assignments,</li> </ul> | <p>studying effectively, communicating with teachers, and asking for help when you need it. Finding strategies that work for you now will prepare you for the years ahead.</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Explore opportunities at La Salle.</b><br/>There are many ways to make the most of your La Salle experience. Check out opportunities such as campus ministry, student class council, athletics, clubs, service, the arts, and La Salle's Pathways Programs. Freshman year is</li> </ul> | <p>a great time to learn what is available, try something new, and discover the experiences you want to be part of during high school.</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Get familiar with the PreACT.</b><br/>All freshmen take the PreACT at La Salle in the fall. Think of this first test as a starting point. Use your results to learn more about your academic strengths and identify areas you may want to strengthen over the next few years. There is plenty of time before you take an official ACT or SAT.</li> </ul> |
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## What to do throughout 9th Grade - Spring

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| <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Start thinking about outside of school.</b><br/>Now that you have had time to adjust to high school, consider whether you have room to add something new to your experience. This might be a volunteer position, internship, summer program, or another experience outside of school. Choose something that interests you, helps you develop new skills, or gives you a chance to explore a possible career.</li> <li><input type="checkbox"/> <b>Plan your sophomore year courses.</b><br/>Work with your counselor to select courses that build on your freshman year and appropriately challenge you.</li> </ul> | <p>Consider your academic strengths, interests, extracurricular commitments, and overall well-being when planning your schedule.</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Attend La Salle's College Forum.</b><br/>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.</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Participate in La Salle's Wellness Day.</b><br/>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.</li> </ul> |
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## What to do throughout 9th Grade - Summer

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| <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Explore the world around you.</b><br/>Use your summer to experience something new. Visit a college if your travels take you near one, explore a career that interests you, visit a museum, volunteer in your community, or learn a new skill. At this stage, exploration is more important than building a college list or resume.</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Prepare for sophomore year.</b><br/>Reflect on what worked well during your first year of high school and what you would like to improve. Enter sophomore year ready to build on your academic habits, deepen your involvement, and begin exploring your college and career interests more intentionally.</li> </ul> |  |
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