

# The Calm, No-Panic Guide to Junior Year

## A Month-by-Month Timeline to College Prep

### AUG–SEP | Set the Foundation

- Get organized with a planner or calendar
- Meet your school counselor early
- Review graduation & college-prep requirements
- Start strong academically — junior year grades matter

### OCT | Testing Awareness

- Take the PSAT if offered (practice only)
- Learn the SAT vs. ACT differences
- Explore free test-prep options
- Build relationships with teachers

### NOV | Explore Interests

- Casually browse colleges
- Attend a college fair or virtual session
- Explore majors & career interests
- Maintain strong grades

### DEC | Reflect & Reset

- Finish the semester strong
- Create a brag sheet of accomplishments
- Use winter break to rest & reflect

### JAN | Plan Ahead

- Confirm course rigor with counselor
- Set testing goals for spring
- Track activities, work & volunteering

### FEB | Scholarships & Testing

- Register for SAT/ACT if ready
- Begin local scholarship searches
- Stay consistent academically

## MAR | College Conversations

- Narrow college preferences
- Plan spring/summer visits
- Identify recommendation teachers

## APR | Preparation & Communication

- Take SAT/ACT if scheduled
- Strengthen teacher connections
- Learn basic financial aid terms

## MAY | Finish Strong

- Prepare for finals & AP exams
- Confirm recommendation timelines
- Plan meaningful summer activities

## JUN–JUL | Summer Momentum

- Visit colleges (optional)
- Brainstorm essay ideas
- Work, volunteer & recharge

**Remember:** Junior year is about steady progress — not perfection. One calm step at a time is enough.