

February College Prep Checklist for Parents and Students

For Seniors

- ■ Confirm college applications are complete
- ■ Check portals for missing documents
- ■ Monitor email for financial aid updates
- ■ File the FAFSA if not already done
- ■ Apply for scholarships
- ■ Keep grades strong
- ■ Plan admitted student visits
- ■ Review housing and deposit deadlines

For Juniors

- ■ Register for spring SAT or ACT
- ■ Begin or continue test prep
- ■ Build a college list
- ■ Attend college info sessions
- ■ Track GPA and academic progress
- ■ Research scholarships
- ■ Create a resume or activity list

For Sophomores

- ■ Choose next year's classes wisely
- ■ Stay involved in activities
- ■ Explore leadership opportunities
- ■ Build strong study habits
- ■ Learn how GPA is calculated
- ■ Keep an activity log

For Freshmen

- ■ Focus on grades and routines
- ■ Try clubs or sports
- ■ Learn how transcripts work
- ■ Build relationships with teachers
- ■ Develop good sleep and study habits

For All Students

- ■ Break assignments into steps
- ■ Use a weekly planner
- ■ Protect sleep and mental health
- ■ Ask for help when overwhelmed
- ■ Avoid unhealthy comparison

For Parents

- ■ Check in emotionally
- ■ Help plan without micromanaging
- ■ Keep college talk balanced
- ■ Monitor deadlines calmly
- ■ Encourage rest and perspective