

# 10<sup>th</sup> Grade Checklist

Name: \_\_\_\_\_

## PERSONAL

- Physical – attend and follow the guidance of annual medical and dental checkups.
- Exercise – regularly and in moderation (e.g., 30 minutes, 3 or more times a week)
- Eat - regularly scheduled, healthy, balanced, in moderation meals. Hydrate regularly.
- Sleep – get 8 hours of daily, regularly scheduled, and uninterrupted sleep.
- Social – make and keep healthy, new, diverse, and meaningful relationships.
- Emotional – regularly practice healthy habits (e.g., meditation, prayer, yoga, mindfulness, positive affirmations, respectful humor, exercise, sleep, eating, social, mental, spiritual, etc.)
- Mental – exercise your brain by reading, learning something new, talking to others, etc.
- Spiritual – find, focus on, and pursue your meaningful purpose(s) in life.

## HIGH SCHOOL

- 3 Keys to Success – consistently show up on time, participate, and do/turn-in the work.
- Participate in your annual College and Career Readiness meeting with your parent/guardian.
- 4-Year Plan – Create, modify, and follow your plan for high school graduation.
- Advanced Pathways – AP Capstone Diploma, Concurrent Enrollment, CTE, and Dual Language Immersion Pathways. Learn more here: <https://east.slcschools.org/academics/pathways>
- Credit Recovery – See your counselor to sign up for GearUP, Supervised Studies, Summer School and/or other options to make up any failed graduation requirements.
- Extracurricular – stay academically eligible and participate in a club, sport, volunteer service, work credit, internship, etc. Go to <https://east.slcschools.org/students/clubs-activities>
- Awards & Recognitions - Go to <https://east.slcschools.org/academics/counseling-center>

## COLLEGE Readiness

- Take a rigorous but balanced (for you) college prep schedule each year.
- Focus on advanced courses in your areas of college and career interest.
- Get your best grades. Consider retaking classes you did poorly in for grade improvement.
- Explore colleges that have 1, 2, 4, or more years of schooling to see which ones right for you at <https://bigfuture.collegeboard.org/college-search>
- NCAA eligibility – know and maintain eligibility if you are planning on playing sports in college at <https://www.ncaa.org/sports/2021/2/8/student-athletes-future.aspx>.
- Summer Job – check the career center, neighborhood, and online for job listings and contribute to a college savings account by going to <https://my529.org/>

## CAREER Readiness

- Career Exploration – discover your interest, skills, aptitudes, and work values. Use free tools like: <https://www.youscience.com/>, <https://www.careeronestop.org/>, <https://www.bls.gov/ooh/>
- CTE Pathway Completer – start pursuing a career pathway in high school that is right for you: <https://east.slcschools.org/academics/programs-options/career-and-technical-education-cte>
- Job Shadow & Interview Family, Adult Neighbors and Friends - Ask them what they like about their jobs and how they qualified for them. Visit our Work Based Learning Advisor in the Career Center.

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