



AU*CAPITAL SC COLLEGE PREP EIGHT YEAR CHECKLIST

PRE-HIGH SCHOOL

5TH & 6TH GRADE:

- Develop good study skills and habits
- Turn in all your homework and on time
- Join an AU*Capital SC team
- Develop independent and critical thinking skills through reading, writing, solving problems and asking questions

7th & 8th GRADE:

- Make it a priority to earn strong grades in the core course of English, Math, Science and Social Studies
- Remain focused on class and homework
- Manage your time. Between AU*Capital SC schedule and keeping up with your homework will help you master the study skills you need to be successful in high school and college
- Explore electives at middle school
- Focus on grades.....

HIGH SCHOOL

Freshman Year

- Attend High School orientation
- Set four year Academic Plan with your high school counselor that will satisfy NCAA rules and challenge you.
- Grasp the Academic path to AP/IB classes for Junior and Senior years.
- Start a college folder with AUCSC staff members
- Set academic goals with family
- Set soccer achievements for yourself
- Wish List of college you would to attend
- Be a part of school activities (i.e. student government, club...)
- Community service opportunities
- Log on to NCAA.com for information.

Sophomore Year

- Set Academic Plan for school year with counselor (Review & Revise)
- Review grades and goals with parents
- Start listing 20 schools you are interested in.
- Add to your AUCSC file a contact lists (include school, coaches name, e-mail)
- Attend College Night at high school functions
- Sign up for PSAT
- AUCSC team going to College Showcases
- Meet with Director of Coaching with your parents to go over plan
- Start gathering information to write your cover letter, and resume
- Your AUCSC folders starting to fill up with info...
- Email coach of the colleges before each major event you attend. Be sure to include your player bio, accomplishments, the schedule for the event and your uniform number.
- Event follow up with an email and ask for feedback on your play.

- Fall – Visit/watch games at two schools of interest. Ask if coaches are available to meet.
- Spring – Visit two different schools.
- Summer – Consider soccer camp at school of interest. Visit school that you are interested in and schools that have shown an interest in you.
- Focus on grades.....

Junior Year

- Review & Revise your four year Academic Plan with high School counselor
- Have your AUCSC college folder ready to use at all time
- Visit college nights and college fairs
- Verify SAT registration deadlines with high school counselor
- Get letters of recommendation
- Complete your Cover letter and Resume with AUCSC Directors/Coaches
- Visit colleges to find size and climate you preferred
- Take SAT and ACT www.collegeboard.com
- Attend Financial Aid workshop
- Start NCAA Clearinghouse Application www.ncaaclearinghouse.net
- Take AP Classes or Honor Classes if possible
- Have your top 10 preferred college list
- Review college applications for admittance with your counselor
- Evaluate your senior year classes – take the best and most challenging options.
- Make unofficial visits to colleges or attend “junior day” events. Take campus tours; continue to seek admissions/financial aid info.
- Meet with coaches; attend summer camp of top choices.
- Your AUCSC team is competing in College Showcase Tournaments
- Really focus on your Grades "Demand Excellence". Junior year is most critical.

Senior Year

- Apply to the Colleges of Choice (Sept., Oct., Nov.)
- Finalize application essay topics
- Finalize your recommendation letters
- Review application essay with parents and teachers for proofing
- Get Financial Aid forms on Jan. 1
- Meet all application/ scholarship/ housing deadlines
- Parents and student meet with school counselor to finalize transcripts
- If necessary re-take SAT and ACT (last date in Dec.)
- Send mid. Year & final transcripts for Clearinghouse
- Meet with AUCSC Director for assistance
- Follow up on all letters written to college coaches
- Have a strong soccer season
- Take recruiting visits
- Send final transcripts to the University you have accepted
- Attend Financial Aid meeting

Colleges – You pursue them. They do not pursue you!!!!!!