

General Timeline for College Admissions Planning

Rebecca Field, Ed.M.

Freshman Year:

- Academics:
 - Do the best you can in your classes – remember that freshman grades do count for college admissions.
 - Begin to work on your developing self-advocacy skills with teachers.
 - Make sure you know what your LD diagnosis is if you have one.
 - Identify your learning style.
 - Be able to explain your LD and identify what strategies work for you in the classroom.
 - Begin to develop your own organizational system.
 - Consider taking SAT 2 subject tests in any classes where you excel.
- Extracurricular:
 - Explore opportunities on campus: join a club, a sports team, leadership, student government. Get involved.
 - Think about how you want to use your summers. Job? Volunteer?
 - Keep a log of all of your activities and awards.
 - Manage/limit your video game time.
- Independent Living Skills:
 - Learn how to ride public transportation.
 - Take care of packing your own lunch.
 - Make sure your hygiene is excellent.

Sophomore Year:

- Academic:
 - Continue to do the best that you can in your classes. These grades will count for UC and CSU campuses.
 - Take the Pre-ACT or PSAT if offered
 - Continue developing your self-advocacy skills.
 - Continue to develop your organizational system.
 - Make sure your classes are on track for graduation and remember to request to take challenging courses to make yourself look most appealing for college admission. Rigor is very important.
 - Consider taking SAT 2 subject tests in any classes where you excel.
 - Begin to visit colleges and universities to get a sense of what you like.
 - Begin to attend local college fairs to gather information.
- Extracurricular:
 - Continue to be involved on campus and/or get involved in some kind of community service
 - Continue to build your activities and involvements. Aim to take on some leadership position or join something new and interesting.
 - Make a list of all of your activities and awards. Keep track of how many weeks a year and how many hours a week you are involved.
 - Manage/limit your video game time
- Independent Living Skills
 - Do your own laundry
 - Begin to manage your own weekly money
 - Begin to manage your own medications if you have them
 - Be responsible for getting yourself up in the morning

Junior Year:

- Academic:
 - Continue to do the best that you can in your classes. Grades are particularly important. Take the most challenging course load you can.
 - Plan to take the ACT/SAT in the Winter/Spring
 - Sign up for challenging courses senior year.
 - Continue to hone and develop your self-advocacy skills.
 - Continue to visit colleges and attend presentations by college representatives at your school.
 - Participate fully in your IEP if you have one
 - Student-athletes-sign up with ncaa.org and contact coaches of your sport at colleges that you are interested in applying to.
 - Start exploring colleges online and at college fairs.
 - Get an unofficial copy of your transcript for your records.
 - Meet with your counselor to put together a preliminary college list.
 - If your school requires that you answer questions/fill out forms etc. for your counselor(s), ask for copies of that information before the end of the school year.
 - Identify 2 teachers you would like to write your letters of recommendation for college. Ask them if they would be willing to do so before the end of the school year.
 - Be able to clearly identify what accommodations you need and are entitled to in college.
 - Learn the difference between high school and college in terms of the laws and how they govern your rights as a student with LD.
 - Make sure your assigned classes are on track for graduation and remember to request to take challenging courses to make yourself look most appealing for college admission.
 - Take SAT 2s in the Spring if required.
- Extracurricular:
 - Continue to be involved on campus and/or get involved in some kind of community service or job.
 - Take on a leadership role in your club and/or team.
 - Create a resume.
 - Make a list of all of your extracurricular activities and/or awards.
 - Manage/limit video game time.
- Independent Living Skills:
 - Get yourself to and from school on your own.
 - Take care of all of your laundry.
 - Make sure that your room is orderly.
 - Ensure that you have mastered your hygiene skills.
 - Manage your weekly money.
 - Be responsible for your daily lunches.
 - Spend time away from home and family to develop independent skills.

Summer after Junior Year:

- Academic:
 - Review your ACT/SAT score and do more preparation over the summer if needed.
 - Explore colleges online, at college fairs, and visits. Finalize your list.
 - Visit college DSS offices as a part of your exploration process.
 - Gain a strong understanding of what accommodations are available to you at the various campuses to which you will apply.
 - Beginning August 1 create accounts for the Common Application and the UC application.
 - Go to CSU Mentor to enter all of your academic information for applications to the California State Universities. Use your transcript to do this.
 - Begin writing your personal statements for the Common Application and the UC application.
 - Take any classes you need to make up for grades lower than a C- in A-G requirements.
 - Finalize your resume.

- Complete any paperwork required by your high school counselor.
- Extracurricular:
 - Get a job or participate in an activity/internship that shows commitment to a particular interest.
 - Limit/manage video game time.
 - Get your log of activities and awards up-to-date to fill in the blanks on applications.
- Independent Living Skills
 - Spend time away from home and family to develop independent living skills.
 - Assume responsibility for getting up in the morning.
 - Assume responsibility for refilling prescriptions if needed.
 - Get yourself to and from school.
 - Make your own lunches.
 - Manage your money.
 - Ensure that you have excellent hygiene.
 - Make sure that you have an original birth certification (not copy).
 - Make sure that you have your original Social Security Card (not a copy).
 - Get your driver's license or California ID card.

Senior Year:

- Academic:
 - FALL:
 - Continue to do the best that you can in your classes. Senior year grades do count!
 - Finalize your college list.
 - Retake SAT/ACT. Take before December.
 - Follow up with your teachers regarding teacher recommendations.
 - Finalize your personal statement.
 - Fill out and submit applications.
 - Send official test scores directly from SAT/ACT to your colleges.
 - Request that your high school send official transcripts to the colleges that require them.
 - File your FAFSA beginning October 1
 - Attend a Free Cash for College Workshop if needed.
 - Check your email daily for information from colleges.
 - SPRING:
 - Accept and submit deposit at the college of your choice by May 1.
 - Complete the request to have official transcripts sent to your college.
 - Make sure that you graduate in good standing.
 - Continue to do your best in school-your acceptance can be rescinded if your grades decline.
 - Contact the DSS office at your college of choice (if you have not done so already) and set up your services for the fall.
- Extracurricular:
 - Continue to be involved on campus and/or get involved in some kind of community service or job.
 - Take on increasing leadership at school and/or on sports teams/clubs/outside engagements.
- Independent Living Skills
 - Prepare to move away from home and live in the dorms.
 - Manage your own bank account and/or credit card.
 - Understand your basic transportation needs and be able to address them.
 - Manage your own medications if applicable.