

# Freshman year is here!

Congratulations — you made it! You are now officially in high school! Now that your freshman year is here, you're on your way to growing up, taking on more responsibility and learning more about college. Here are a few tips that may help you this school year and throughout high school as you plan for college:

**Start early.** You can begin to plan for college during your freshman year in high school. Oftentimes, students get stuck in their senior year because they didn't take the right classes in 9th, 10th and 11th grades.

**Take as many English and math classes as possible.** Taking as much English and math as you can in high school will only put you ahead once you get to college. And, learning new vocabulary words and reading will help improve your test scores.

**Find what you're passionate about.** Colleges look for students who show commitment and dedication to something over time, which can be sports, school clubs or even a hobby. This can also guide what type of higher education you pursue.

**Community service.** Participate in activities that give back to your school or community. Colleges want well-rounded students. It's sometimes better to have a 3.0 GPA with four years of volunteering at your local hospital than a 3.5 GPA with no community service.

To be continued...

Stay tuned for more tips in future issues of the GEAR UP Gazette...

Source: GEAR UP Hawaii

# Planning for the future

Now that you've arrived in high school, how do you plan to spend your time as a high school student? Let's move forward in time — you're now a senior, it's graduation day and you're looking back on your high school career. Do you have any accomplishments? What have you done or been involved in that will catch the eye of college recruiters? What makes you stand out amongst other high school seniors across the nation entering college the same time you are? Did you do your best? Do you have any academic regrets? Could you have studied more or taken more challenging classes?

Whew! It's a good thing it's really your freshman year, when you have time to think about what you'd like to do, where you'd like to go and what you have to do to get there. You're at the beginning, so make the most of it! Take advantage of your GEAR UP resources — your teachers, your counselors, your GEAR UP coordinators — whenever you get the chance. They're here to help you plan for your future!



## Career alert



This t-shirt was given to GEAR UP Kentucky students who participated in Murray State University's 2007 Health Fair.

Think you want a health career? Perhaps one of the ones listed in the picture here: physical therapy, athletic training, respiratory therapy, medical lab tech, pharmacy, dental, dietetics, sonography, nursing, physician? If yes, then guess what? You have to be dedicated in your studies to:

- Get a bachelor's degree
- Get a graduate degree
- Write well
- Speak well
- Obtain high marks in math and science

What else do you have to do to become a health professional? Check out The Career Center on [www.gohigherky.org](http://www.gohigherky.org) to find out!

