HEALTH CAREER PREP CHECKLIST

FRESHMAN YEAR

- ☐ Enroll in the classes that are designed to prepare you for college. Take the most rigorous courses you can handle successfully, and when needed, get help from teachers, counselors, or Khan Academy at https://www.khanacademy.org.
- ☐ Set up at least two appointments with your high school Guidance Counselor in early fall and spring to schedule your classes and talk about careers, professions, or studies that interest you.
- ☐ Tour the technical center connected to your high school to see what physical and mental health-related classes are available.
- ☐ Begin meeting regularly with the VSAC Outreach Counselor at your school to discuss career and educational goals.
- ☐ Volunteer in your community with health-related projects, such as blood drives or walks for a cause.
- ☐ Continue to explore physical & mental health careers, and connect with the Northern VT AHEC at 802-748-2506 or at nvtahec.org.
- ☐ Continue saving $$ for college.

SOPHOMORE YEAR

- ☐ Take more classes designed to prepare you for college: English, math, science, computers, foreign languages, and psychology.
- ☐ Volunteer at your local hospital, nursing home, health and human services or social services agency.
- ☐ Make appointments in October and January with your high school Guidance Counselor and VSAC Outreach Counselor to discuss career and educational plans. Ask to do an interest inventory.
- ☐ Research college programs and talk to college representatives when they visit your region. Find out what resources they offer to someone interested in a health career.
- ☐ Apply for the Governor's Health and Medicine Institute at the beginning of your 2nd semester. Visit GIV.org for information on how to apply.
- ☐ Keep in touch with AHEC, and continue to save $$ for college

JUNIOR YEAR

- ☐ Take available health career classes that interest you through your high school career technical center.
- ☐ Take more than just one year of a world language. (Many colleges recommend to see two or more years of the same world language.)
- ☐ Learn about the admission requirements for the colleges and universities you are considering.
- ☐ Within the first 2 weeks of the beginning of school, meet with your Guidance Counselor to confirm that you are taking courses that meet college entrance requirements.
- ☐ Attend College Day Programs.
- ☐ Attend regional VSAC presentations concerning financial aid or college admissions.
- ☐ Register for and take the Preliminary Scholastic Aptitude Test (PSAT) and the National Merit Scholarship Qualifying Test (NMSQT), usually given in October.
- ☐ Set up a calendar for taking tests and completing college applications and ask your Guidance Counselor if you are eligible for application fee waivers.
- ☐ Discuss your family's financial resources and review plans for financial aid. Work with your VSAC Outreach Counselor to develop a financial aid plan.
- ☐ Think about people who might write you a recommendation; start with teachers, counselors, and employers.
- ☐ In the spring, register for and take the SAT or ACT if required or recommended by your colleges.
- ☐ Research financial aid, scholarships, grants, and fellowships to help pay for college.
- ☐ Find out about Summer Enrichment Programs.
- ☐ Continue to do volunteer work and ask for letters of recommendation from the coordinator or supervisor of your volunteer experience.
- ☐ Keep taking those challenging courses, and keep saving $$ for college!

SENIOR YEAR

July and August

- ☐ Email colleges you are considering and request application forms, catalogs, and financial aid information.
- ☐ If possible, visit the college campuses you've selected; research these colleges using U.S. News & World Report (https://www.usnews.com/best-colleges); talk to graduates of, and students at, these institutions.
- ☐ Start working on the Common Application.

September

- ☐ Maintain or improve academic grades. College officials look unfavorably upon failing grades and reduced or less rigorous academic loads during the senior year.
- ☐ Take advantage of the opportunity to complete a job shadow with a professional in your field of interest (required for admission into certain majors).
- ☐ Determine which tests are required and the deadlines for applying to your selected colleges.
- ☐ Set up a calendar for taking tests and completing college applications. PAY ATTENTION TO DEADLINES!
- ☐ Work on your Common Application.
- ☐ Explore essay topics and start working on college essay.

HEALTH CAREER PREP CHECKLIST

Continued

- ☐ Make sure to fulfill application requirements. Be aware of early-decision / early action deadlines. See your Guidance or VSAC Counselor for help.
- ☐ Ask your Guidance or VSAC Counselor if you are eligible for college application fee waivers.
- ☐ Talk with college representatives when they visit your school.
- ☐ Continue meeting regularly with your VSAC Outreach Counselor.

October and November

- ☐ Attend College Day / Night programs.
- ☐ Apply to a variety of colleges regarding admission selectivity (least selective to more selective) and cost of attendance.
- ☐ Ask your Guidance or VSAC Counselor to look over your application form and discuss the next steps in applying to college.
- ☐ See your Guidance or VSAC Counselor about completing the Free Application for Federal Student Aid (FAFSA). Colleges require that students requesting financial aid provide the FAFSA application, including the part that explains any unusual financial circumstances.
- ☐ Attend the VSAC Paying for College presentation at your high school.
- ☐ Check your school's newspaper, bulletin boards, and websites for testing registration deadlines and scholarship information.
- ☐ Mail or email completed forms to colleges.
- ☐ Be aware of Military Academy and ROTC application and scholarship deadlines if relevant.

December

- ☐ Send all applications & copies of high school grades (transcript) to the colleges before Christmas, unless a college indicates otherwise.
- ☐ Give your Guidance Counselor all required forms *at least two weeks before they are due*.
- ☐ Take the Achievement Test required by some colleges.

January

- ☐ Complete the Free Application for Federal Student Aid (FAFSA) online.
- ☐ Attend VSAC's FAFSA Filing Help.
- ☐ Take the SAT test if required by the colleges and if you have not taken it previously. Check the College Board website for the test calendars.

February

- ☐ Ask your Guidance Counselor to send your first semester's grades to the colleges, along with any other information not already forwarded. Some colleges provide forms for this purpose and some do not.
- ☐ Complete VSAC Unified Scholarship application.

March

- ☐ Recheck college catalogs and see your Guidance or VSAC Counselor to make sure that you have taken all of the necessary tests. If you haven't, make sure you register by deadline to take the next scheduled test.
- ☐ Set up student portal on college website where you have been admitted; regularly check email and log on to portal for next steps.

April, May, and June

- ☐ Keep a record of acceptances, rejections, and financial aid awards.
- ☐ Attend accepted student programs at colleges where you have been admitted.
- ☐ Reply promptly to colleges to notify them of your decision to attend or not.
- ☐ Reply promptly when you are notified that you have been awarded a financial aid package; tell the college whether you will be accepting or refusing the financial aid package.
- ☐ Register for orientation.
- ☐ Meet the reply deadline or you may lose the admission acceptance or financial aid for which you are qualified.
- ☐ Before you leave high school in June, request that a final transcript be sent to the college or university of your choice.
- ☐ Make appointment with your health care provider to complete medical requirements.
- ☐ Fill out housing forms.
- ☐ Provide Health Insurance Information.
- ☐ Complete student loan entrance counseling at https://studentaid.gov/.

Things to Save

- ☐ Copies of guidance office newsletters
- ☐ Cancelled checks, money order or electronic receipts
- ☐ Admission tickets to tests and correction forms
- ☐ All test score reports
- ☐ Transcripts of high school grades
- ☐ Work copy of the FAFSA and all other financial aid forms
- ☐ College Scholarship Services acknowledgment form
- ☐ Copies of all correspondence sent to or received from schools, including applications and acceptance