

*Review ASPIRE Calendar for more detailed and seasonal recommendations.*

## Achieve

- Focus on Attendance and Grades:** Freshman year grades go on your transcript and impact college admissions and scholarships.
- Develop Good Habits:** Practice organization, pay attention to details, and use a calendar to meet deadlines.
- Build Strong Relationships:** Surround yourself with supportive peers and teachers.

## Explore

- Discover Interests:** Use high school classes to find subjects you enjoy.
- Consider Career Options:** Use resources like [College Board's Big Future](#), [Career One Stop](#), [Career Interest Survey](#).
  - Ask your counselor if your school has [Oregon CIS](#) or [Naviance](#)
  - Talk to adults in various professions.
- Research Schools:** Investigate college, university, and career-technical school admission requirements.
- Attend Events:** Go to career and college fairs and visit campuses.
  - Virtual Options: Check out college websites for virtual tours or visit [Roadtrip Nation](#), [Campus Tours](#)

## Engage

- Participate in Classes:** Ask questions, engage in discussions, and practice good study habits.
- Get Involved:** Join extracurricular activities like clubs, sports, and community service. It looks great on college and scholarship applications.

## Prepare

- Meet with ASPIRE/College & Career Coordinator:** Discuss your future goals.
- Meet Your Counselor:** Ensure you're on track with required courses and discuss AP/Dual Credit options.
- Build Your Resume:** Record participation in extracurricular activities, along with awards and honors you receive.
- Make Summers Count:** Participate in camps, enrichment programs, and gain job experience.
- Manage Your Social Media:** Be mindful of what you post. Highlight strengths, achievements, and maintain a positive and professional online presence.

## **Plan**

- Learn About Financial Aid:** Explore ways to pay for college at [OregonStudentAid.gov](https://OregonStudentAid.gov), [Home](#) | [Federal Student Aid](#)
- Save for College:** Consider and talk to your family about the [Oregon College Savings Plan](#), a 529 account with tax advantages for educational expenses.

**Your first year of high school matters - Start Strong!**