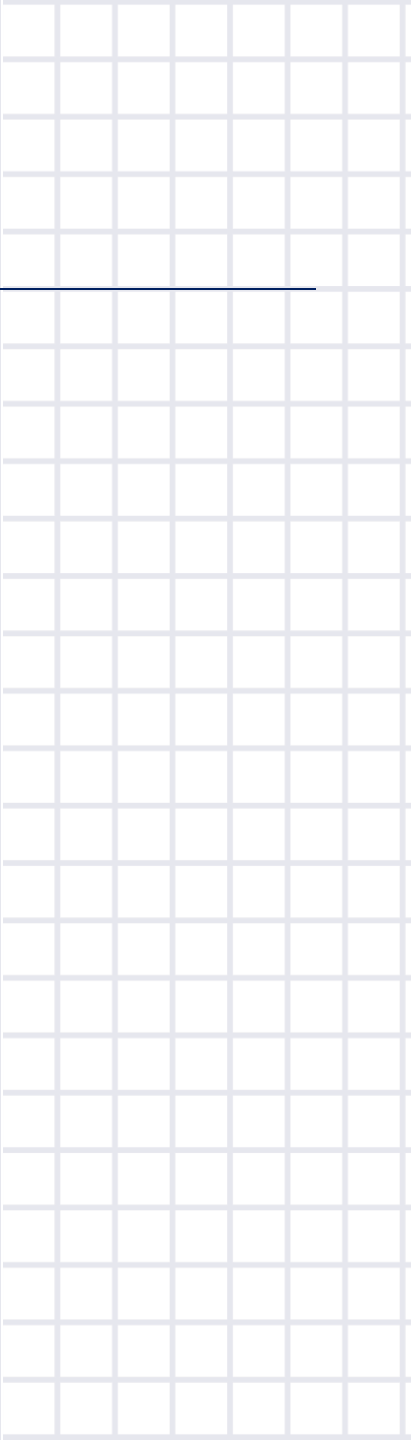
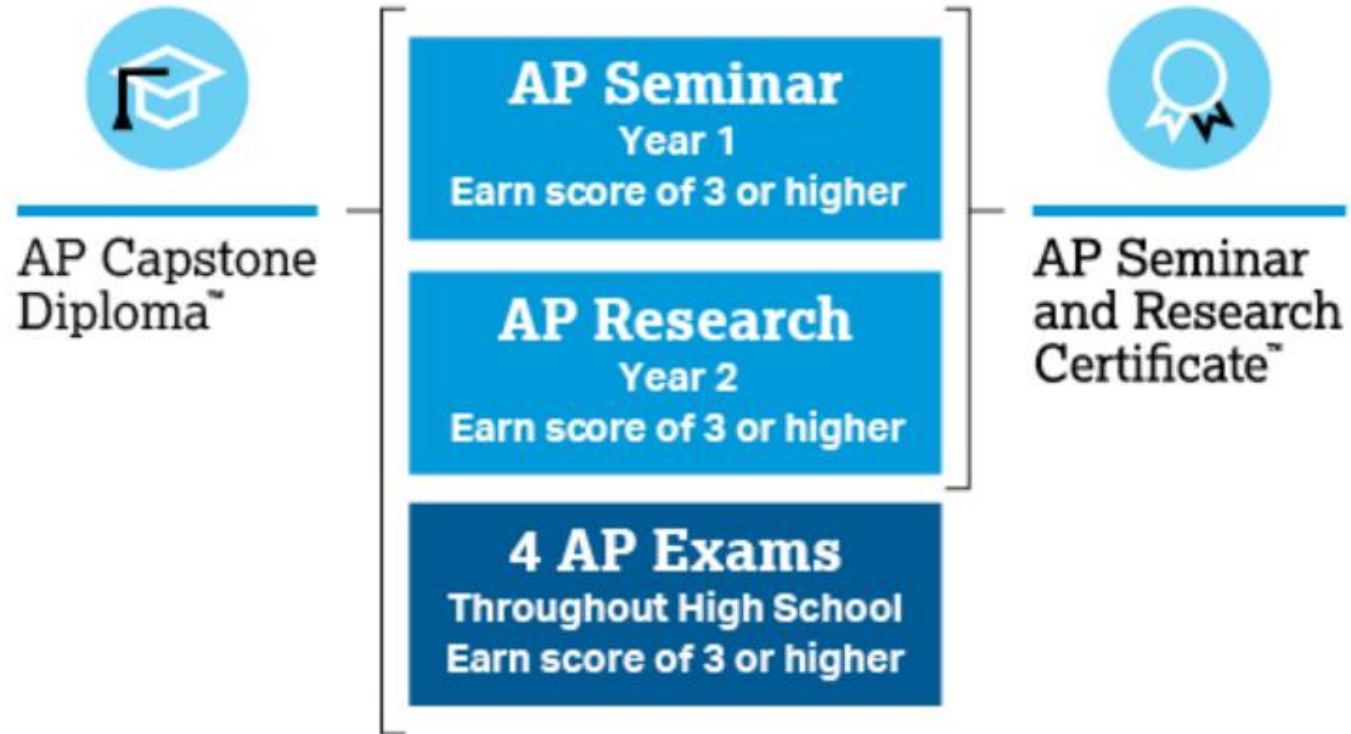


High School at a Glance: The 4-Year Plan



What is the AP Capstone Program?



Freshmen Year



- **Academics:**
 - AP World History or AP Human Geography
 - Honors math, science, ELA
 - Foreign language (*you must have a minimum of 2 years of the **same** language, preferable 3-4 before you graduate for admission to 4-year colleges*)
 - Start your CTE pathway, ROTC, PE, AVID, and/or electives in the arts
- **Co-Curriculars:**
 - Explore clubs and sports that interest you. *Don't be afraid to put yourself out there! Now is the time to try new things and learn more about what you like and don't like.*
- **College Prep:**
 - Use Xello to start researching colleges, careers, and majors of interest

Sophomore Year



- **Academics:**
 - AP science, math, ELA, history, and/or elective classes – **continue to tailor this to YOU!**
 - Continue with same foreign language
 - AP Seminar (*class of 2025 and 2026 only*)
 - Continue with your CTE pathway, ROTC, AVID, and/or electives in the arts
- **Co-Curriculars:**
 - Explore community service opportunities - 100 hours minimum for high school career
 - Start narrowing down and consistently engaging in activities you enjoy
 - Take on leadership tasks and roles when possible
- **College Prep:**
 - ACT/SAT prep
 - Tour colleges you are most interested in
 - Continue to use Xello to research colleges, careers, and majors of interest

Junior Year

- **Academics:**
 - AP science, math, ELA, history, and/or elective classes – continue to tailor your AP classes to your interests and goals
 - Foreign language if completing 3-4 years
 - AP Seminar (*class of 2023 only*)
 - Continue with your CTE pathway, ROTC, AVID, and/or electives in the arts
- **Co-Curriculars:** *This is the last full school year to show colleges what you're made of!*
 - Think about the differences you want to make in your community and work toward making it happen! *What are you accomplishing and learning beyond the titles?*
 - Wrap up community service hours and experiences you want on your college application
 - Maintain leadership roles in your clubs and sports
 - Part-time work
- **College Prep:**
 - ACT/SAT prep – start taking spring of your junior year
 - Tour colleges you are most interested in
 - Continue to use Xello to research colleges, careers, and majors of interest – you should have a good idea of about 5 schools you're interested in and what their admission requirements are

Senior Year



- College applications open in July following your senior year!
- **Academics:** **YOU STILL NEED A FULL, RIGOROUS COURSE LOAD YOUR SENIOR YEAR.**
 - AP science, math, ELA, history, and/or elective classes – continue to tailor your AP classes to your interests and goals
 - AP Research
 - Foreign language if completing 3-4 years
- **Co-Curriculars:**
 - Continue what you started. *Enjoy your last year of high school student involvement 😊.*
- **College Prep:**
 - Take ACT/SAT one last time in the fall
 - Submit all college applications by October
 - Complete FAFSA in October
 - Tour colleges you are most interested in to help you narrow down your list
 - Apply for scholarships (2/month minimum)