

11th-Grade Counseling Calendar

Juniors are invited to attend in-school visits from representatives of various colleges that take place throughout the Fall. Listen to daily bulletins and sign up in the Counseling Center. Junior students and their families are encouraged to research and visit colleges throughout the year and in the summer before senior year.

September

- Attend Bishop O'Dowd College Fair on Sept. 9 with a parent.

October

- Attend SJND College Night on Oct. 9 from 7 p.m.-8:45 p.m. Focus will be on admissions and eligibility.
- Test Day is Oct. 15. Juniors will take the PSAT.
- Quarter exams are Oct. 14-16. Ask teachers for extra help in preparation for the exams.
- Report Card Night is Oct. 29. Encourage your parents to attend and pick up your report card. They will also have an opportunity to meet briefly with each of your teachers.

November

- College of Alameda City-Wide College Night (co-sponsored by SJND) Oct.16

December

- Semester exams are Dec. 15-18.

January

- Junior and Sophomore Jumpstart Night (PSAT, course selection, and college info) at SJND on January 26 from 7 p.m.-8:45 p.m.

March

- Quarter exams are March 2-4.
- Report Card Night is March 19

April/May

- Attend college fairs at Cal State East Bay and Saint Mary's College.

11th-Grade Counseling Calendar (cont.)

Spring SAT Dates (www.collegeboard.com):

- March 14, 2009
- May 2, 2009
- June 6, 2009

Spring ACT Dates (www.actstudent.org):

- April 4, 2009
- June 13, 2009

Important factors for college admissions:

- The Big Three
 1. Grades (especially Sophomore/Junior year grades)
 2. SAT and/or ACT scores
 3. Level of challenge in chosen curriculum
- Other factors
 - community service
 - extracurricular activities (both in and outside of school)
 - personal essay and recommendations

The most important factor in preparing for college is becoming a disciplined and motivated student.

- Develop good work and study habits. Make a strong and steady effort
- Read as often as possible
- Learn how to express yourself verbally and in written forms
- Become curious about the world around you. Keep up on current events and world news
- Avoid the temptation to take the EASY ROAD
- Avoid unhealthy stress caused by overextending yourself