

## SOPHOMORE NEWS

### STUDENT TIMELINE - SOPHOMORE YEAR

- Start defining your personality and the college/career options that match your personality. Go to [www.personalitytype.com](http://www.personalitytype.com). You can also take the SCOIS career assessment by contacting your guidance department or media specialist.
  - Continue to take challenging core classes.
  - Do your best in school—remember that EVERY grade counts!
  - Continue to develop strong study skills.
  - Stay involved in school and community activities.
  - Take the PSAT, the pre-test for the SAT, which is offered through the school.
  - Begin to research colleges and their requirements—talk to your guidance counselor to make sure you are enrolled in the proper classes.
  - Become familiar with the college planning process—think ahead for your Junior and Senior years.
  - Get a part-time job if you have the time.
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### **How to Study**

1. Be sure that you know exactly what to do.
2. Write the assignment in a regular notebook that you keep for that purpose. Do not trust your memory.
3. Reduce to a minimum the distractions for study. Study in a quiet room.
4. Have a well-lighted desk cleared of all unnecessary objects and with the necessary study material at hand.
5. Have a planned program of work. Know that to do and how you are going to do it. Focus your attention on the completion of the assignment and work toward that goal.
6. Try not to have distractions. They make it more difficult to keep your mind on your work.
7. Avoid interruptions. They are a waste of time and energy. (Have your friends call before or after study hours.)
8. Form the habit of studying in one particular place.
9. Keep a daily study schedule. By studying at a regular time each day, you can develop good study habits.
10. Begin your study by working on something fairly easy, and then move on quickly to harder assignments.

11. Keep studying once you start by reminding yourself of what you will gain when you finish. It is all right to take a few minutes out to relieve fatigue, but long periods result in wasted time.
12. Develop the right attitudes. They can help you. Try to find some reason for liking a subject you are required to study.
13. Take a farsighted attitude toward learning. The shortsighted attitude that the only value in learning the subject is to pass the course will prevent you from retaining much from your education for your later life.