

**College Counseling Calendar**  
**FRESHMAN YEAR**

**Counselor: Stephanie Fournet**  
**Email: [sfournet@aesgators.com](mailto:sfournet@aesgators.com)**  
**Phone: (337) 359-9700**  
**School CEEB Code: 191-488**

**August - September**

- Set academic goals for the first quarter and the year. Read continuously on a variety of subjects and make a conscious effort to strengthen your vocabulary.
- Become involved in Upper School. Choose activities in and outside of the life of the school that appeal to you. Consider a leadership position or a prefect committee membership.
- Keep your notes and old tests in files at home for each subject so you can quickly reference them in preparation for exams.
- Create a system for keeping up with your extracurricular activities, leadership positions, community service hours, awards, summer experiences, and jobs. Update your files each semester.
- Start saving at least 10 percent of your allowance/babysitting money for college expenses. You will be glad that you did.

**October-November**

- *Wednesday, Oct. 12:* Take the PLAN test, a precursor to the ACT and a helpful indicator of areas of aptitude and possible career interests. The test may also indicate future success in Honors and AP courses.
- *Wednesday, Oct 12:* First quarter ends. Check your academic progress against the goals you set for yourself. Determine where improvements can be made. Ask for help if you need it. See Ms. Fournet if you need direction.
- *Tuesday, Oct. 18:* Attend "Freshman Focus" with a parent (6:30 p.m. Upper School Library). This program will cover what colleges expect from you and how to make the most of your four years of high school.

## December

- *Dec. 1 – 15:* Begin studying for midterm exams early. Review your saved notes/tests. Take advantage of tutoring sessions. Form a study group with students whose study habits you trust.
- Review your performance for the first semester. Take advantage of lessons learned to make improvements for the rest of the year.
- Use some of your Christmas vacation time to do volunteer work in a setting that appeals to you.

## January – February

- Set new goals for the New Year. Hold yourself accountable.
- Consider getting involved in a spring sport or auditioning for a student performance.

## March

- *March 5 - 16:* Individual meetings with Ms. Fournet to review your academic and extracurricular progress, to plan for next year, and to address concerns. Parents are invited and encouraged to attend.
- Seek out and enroll in summer programs that appeal to your interests. Consider programs that take you out of town or require dorm living. Identify service/leadership opportunities as well. Colleges notice students who have had a positive impact on their communities.

## May-June

- *Friday, May 4:* Deadline to register for June 9 ACT. If you are taking geometry as a freshman, you should consider registering for this test since more than 60 percent of the math on the ACT is geometry, and you want to test while your knowledge is fresh. It is not necessary to take the ACT Writing Test at this time.
- Make sure that you have completed and turned in documentation for your 15 required service hours.
- Begin studying for midterm exams early. Review your saved notes/tests. Take advantage of tutoring sessions. Form a study group with students whose study habits you trust.

- Keep a journal of your travels. Travel, especially international travel, can add depth to a resume or serve as a focal point in an application essay.