



# Guidance Activities

## Freshmen

- Personal/Social Counseling
- Academic Counseling
  
- Freshmen Orientation (Large group)
- EXPLORE Test
- Explanation of EXPLORE Test Results
- Sophomore Course Survey
- Course Registration
- Confidential Self-Evaluation
  
- Freshmen Mentoring (Small group):
  - Academic Awareness (GPA, athletics/activities eligibility)
  - Graduation Requirements
  - College Admission Criteria
  - NCAA Clearinghouse
  - Introduction to Personal Resume and Recommendations
  - Character development
  - Goal Setting
  - Study Skills
  - Decision Making
  - Interest Inventory
  - Career Exploration

## Sophomores

- Personal/Social Counseling
- Academic Counseling
  
- Sophomore Orientation (Large group)
- Introduction to the PLAN Test
- PLAN Test
- Explanation of PLAN Test Results
- Junior Course Survey
- Course Registration
- Career Exploration
- PSAT Test Information
- PSAT Prep (optional)
- PSAT Test
- Explanation of PSAT Results (Small group)

Admission representatives visit St. Rita during lunch periods on scheduled dates. Reps are available to all students. The colleges/universities visiting St. Rita can be found on the school calendar at [www.stritahs.com](http://www.stritahs.com).

## Juniors

- Personal/Social Counseling
- Academic Counseling
  
- Junior Orientation (Large group)
- PLAN Test Review
- PLAN Test
- Explanation of PLAN Results
- PSAT Test Information
- PSAT Prep (optional)
- PSAT Test
- Explanation of PSAT Results (Small group)
- ACT Prep
- ACT Registration Information
- Junior Questionnaire
- Career Exploration
- Senior Course Survey
- Course Registration
- College Planning Guide
- Introduction to College Search Tools
- College Visit Plan
- Application Process
- Individual College Planning Sessions
- Optional Parent/Student College Planning Meeting

## Seniors

- Personal/Social Counseling
- Academic Counseling
  
- Senior Orientation (Large group)
- Application Process Review
- Personal Statement Writing Workshop
- NCAA Clearinghouse Registration
- Distribute Financial Aid Information
- Admission Decision Survey
- Scholarship Follow-Up
- Life after Saint Rita (Small group)

## EVENING

### Family Events

- College Fair
- Financial Aid Seminar
- College Planning Seminar
- NCAA Clearinghouse Presentation
- Recruiting Realities with Jack Renkens